

TESCO

FREE | SEPTEMBER 2023



24

recipes under
£1.50 per serve

Blackberry
traybake
p56



GIVE IT A WHIRL

Easy bakes & budget meal plans to see you through September



QUAKER

New

**HOT NEW
FLAVOUR!**



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RELEASE IT.
TRY IT.**

Serving suggestion



Available in the majority of stores

Available at **TESCO**

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KAY CROFT
Tesco magazine
reader and mum
of two, p30

There's a bitter sweetness to the end of summer: a sad farewell to the holidays, but a happiness in finding your groove again. We've got super-easy meal plans and flexible lunch ideas that'll cut your cooking time and save you money, p46, plus a gorgeous late-summer roast that makes the most of veg, p62. Check out the Go Cook range, p52, if you're thinking of updating your kitchen kit – it really is hard-working and won't cost as much as well-known brands. And you have to try the Blackberry & blonde chocolate traybake, p56, created by our acting senior food editor, Bryony. We were all very happy when she brought her practice cake into the office for us to try!

Lauren



I'M LOVING...

...switching up the
fruit on my muesli
and yogurt to get
closer to 5-a-day.
**Tesco Finest Black
Seedless Grapes**
400g, £2.40
(60p/100g)



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 [goodgraciousbeauty](https://www.instagram.com/goodgraciousbeauty)



From 23rd August until 3rd October Good Gracious is part of the Premium Haircare 3 for 2 offer instore and online.

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method.

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SPOT THE BLUE TOKENS!

Find out about the Tesco Stronger Starts initiative, p75, where Tesco is helping to energise children's potential. It all starts with a blue token, so we've hidden some throughout this issue. How many can you find?



COVER RECIPE

Blackberry & blonde chocolate traybake, p56

RECIPE Bryony Bowie

PHOTOGRAPHY Toby Scott

FOOD STYLING Lucy O'Reilly

PROP STYLING Morag Farquhar



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PESTO SAUSAGE & PEARL BARLEY ONE-POT

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Make these meals in advance and freeze, ready for busy weeks

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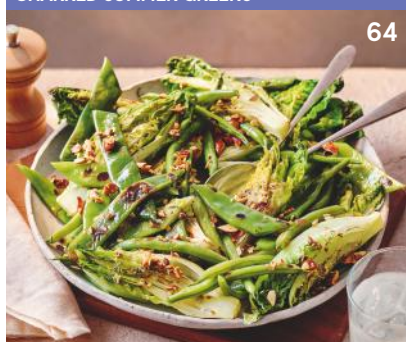
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SAVOURY CHELSEA BUNS



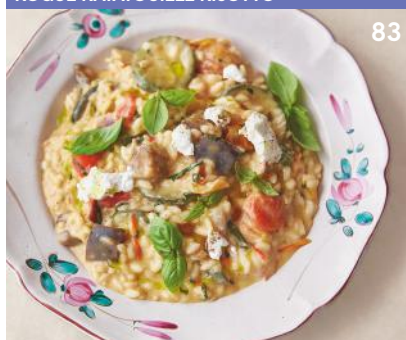
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Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V Vegetarian (free from meat and fish)
- V Vegan (free from animal-derived products)
- DF Dairy free (free from milk-derived products)
- GF Gluten free
- * Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit be.drinkaware.co.uk



We all want to feel better about our lifestyles, the food we buy, meals we make and packaging we use. So Tesco has created Better Baskets, with value at its heart, as an easy way to fill your basket with better choices every time you shop. Look out for the logo to help you make better choices with Tesco.

What's in store

The changing seasons is a great time to try new foods. Just small tweaks to your shop can make a big difference



JAMIE ROBINSON
Tesco executive
chef, product
development

‘September is a reset in my house. Tesco has taken the stress out of getting back to routine with ideas for both lunchboxes and “al-desko” lunches. If healthy eating is on your agenda, check out the protein-packed ways to spice up salads. Finally, make the most of the last sunny evenings with sharing platters.’



FISH-FREE FRIDAY

Find new **Plant Chef Fish-Free Goujons 240g, £2** (83p/100g), in store. Ideal with chips, in sarnies or even served with rice and katsu sauce.



Salad toppers

These ready-to-eat proteins are ideal for adding to healthy dinners and lunches.



Piri Piri Chicken Breast Pieces 180g, £3
(£1.67/100g)



Ready To Eat Sweet Chilli Hot Smoked Salmon Fillets 180g, £5.50
(£3.06/100g)

Taste files:

YOGURT

This affordable staple is more versatile than you think



VEGAN FAVOURITE

Free From Soya Alternative Fromage Frais 4 x 90g, £1.20 (30p/each), is a great after-school snack for hungry kids.



THICK AND TANGY

Stir into soup or a cheese sauce for extra creaminess: Tesco Finest Greek Yogurt 500g, £2.30 (46p/100g).



FRUITY FLAVOUR

Tesco Finest Black Cherry Yogurt 150g, 95p (63p/100g), pairs well with granola.



READY TO CRUMBLE

Switch up your pud with organic versions of your favourite products – and for a recipe using organic ingredients, turn to p71.

Organic Porridge Oats 750g, £2.15 (29p/100g); **Organic Gala Apples** 630g, £2.35 (37p/100g); **Organic Ripe & Ready Pears** 550g, £2.30 (42p/100g)

SMOOTHIE OPERATOR

Fresh from the freezer, **Berry Smoothie Mix** 500g, £2.50 (50p/100g), is a great way to up your fruit intake.



DINNER IN 4 MINS

Calorie Controlled Chicken In Mushroom Sauce 370g, £3 (81p/100g): this great range of Tesco ready meals can be microwaved for ease.

Have a break,
have a

New



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great taste
of KitKat®
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cereal aisle! →



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Available in the majority of larger stores.

Available at **TESCO**



Tear the love

Made with extra-virgin olive oil and topped with nigella seeds, new **Tesco Finest Turkish Inspired Tear & Share Flatbread 330g, £2** (61p/100g), is the ultimate centrepiece.



Pulse power

Eat the rainbow with smoky and spicy
Beautifully Balanced Naked Burrito Bowl 400g
❄️, **£2.30** (58p/100g).



NEW DESIGNS

Explore the range of new Finest designs, which are due to launch from September 2023. The newly redesigned range reflects the exceptional quality of the wine, and tells the story of the producers and the expertise that goes into the creation of these wines.

Tesco Finest Falanghina, £7.75;
Tesco Finest Valle De Leyda Chardonnay, £8

Making its marque

Tesco is proud to announce that all its fresh British fruit and veg is now LEAF Marque certified. This means it comes from farms where growers are taking steps to improve biodiversity on their land. Another incentive to get closer to your 5-a-day!



Pack it up

Your one-stop-shop for lunchbox essentials:

Fruit Splash Orange No Added Sugar 12 x 250ml, £3.25 (27p/each); **Bunny Bites** 6 x 19g, £1.15 (19p/each); **Yogurt Coated Rice Cakes** 105g, £1.30 (£1.24/100g); **Loose Bananas**, 18p each; **Free From White Rolls** 4-pack, £1.75 (44p/each); **Mild Cheddar Sticks** 5 x 20g, £1.70 (34p/each)

The choice is yours

At Tesco, Better Baskets is an easy way of helping you make better choices with the food you buy and meals you make, without costing you more. Whether it's enjoying a breakfast packed with fibre or finding new ways to get your 5-a-day, these suggestions are great choices.

Better Baskets

Yes to breakfast

This time of year is about getting back into a routine, and starting your day right is key. These morning essentials are high in fibre, which will leave you feeling fuller for longer. Try topped with soya milk-alternative. All three are on Aldi Price Match*.



Grower's Harvest Soya Drink Unsweetened 1ltr, 50p



Malt Wheats 750g, 95p (13p/100g)



Grower's Harvest Porridge Oats 1kg, 90p

3 ways with cauliflower

Cauliflower, 95p each

1 Add to curry to increase your veg – eight florets is 1 of your 5-a-day**.



2 Roast with spices to add an autumnal flavour to salads.

3 Stretch meat further by frying with cauliflower florets.



GIVE ME MORE!

Scan this QR code to find more Better Baskets recipes on Tesco Real Food.



*Available in the majority of larger stores. Aldi Price Match: Prices checked and matched on hundreds of comparable products from GB Aldi stores and/or online twice weekly. Price most often found matched excluding promotional prices. Prices matched pro rata. Products matched may vary by week. Excludes Express, Whoosh and NI. Product availability varies by store. For more details, see tesco.com/aldi/pricematch **Source: nhs.uk

Liven up lunchtime with **mission** Mini Wraps



*Scan here for Pizza
Wrap Cone Recipe*

Available in the majority of stores

Available at **TESCO**

PRINGLES
IS PARTNERING WITH
 **MOVEMBER**
TO GET PEOPLE
TALKING
ABOUT MENTAL HEALTH

**HOW
ARE YOU
MATE?**



IN PARTNERSHIP WITH
 **MOVEMBER**

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Available in all stores **TESCO**

Available in all stores

5 FOR £25

Five reader-approved recipes to see your family through the week

The £25 total is based on online prices at the time of going to press. Prices may change and products are subject to availability



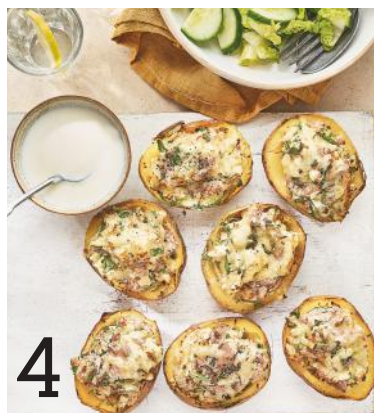
1



2



3



4



5

Tried it, liked it



Our tester this month is Nicki, who lives with her husband and their two daughters aged eight and 10. 'Our youngest is quite fussy with food but is starting to try new things, while our eldest is adventurous,' said Nicki.

GET INVOLVED

Want to test one of our family dinner meal plans for four?
Email tesco.mag@cedarcom.co.uk for your chance.

I loved using the same ingredients for completely different meals, especially with costs nowadays

New

FLAVOUR THAT
LIFTS YOU!



Reduces
Tiredness &
Fatigue*

NATURALLY OCCURRING
VIT.
B12



Also available in
Raspberry & Vanilla and Chocolate Orange
FIND US IN THE BAKERY AISLE

*Reference intake of an average adult. Vitamin B12 contributes to normal energy-yielding metabolism.



Available in selected stores.

Available at **TESCO**



1

GIANT RAINBOW ROSTI

Serves 4  

Takes 50 mins

200g carrots, scrubbed, trimmed and grated
2 courgettes, trimmed and grated
2 baking potatoes (500g), peeled and grated
250g cooked beetroot, grated
2 tbsp olive or vegetable oil
125g Creamfields grated mature Cheddar
2 x 250g packs cherry tomatoes
4 medium eggs

1 Preheat the oven to gas 5, 190°C, fan 170°C. Put the grated carrot, courgette and potatoes in a bowl; season and set aside for 10 mins. Put the beetroot in a sieve over a bowl, season and leave to sit for the same time.

2 Squeeze any liquid out of the carrot, courgette and potato mix, then transfer to a large bowl with 1½ tbsp oil and the cheese. Wrap the beetroot in kitchen paper and squeeze the water out of this too. Mix well, then carefully add the beetroot – don't overmix or everything will turn pink! Spoon into a lined 25 x 35cm baking tin and bake for 35–40 mins until crisp and golden. Put the tomatoes on

a baking tray and roast for the last 10–15 mins of cooking time.

3 Meanwhile, heat a large frying pan on a medium heat and add in the remaining oil. Gently crack the eggs into the pan and cook for 3–4 mins until the white is cooked and the yolk is still runny. Cut the rosti into pieces, top with the fried eggs and serve with the roasted tomatoes.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2021kJ 483kcal	24g	9g	13g	1.2g
24%	35%	47%	14%	19%

of the reference intake. See page 9.
Carbohydrate 41g Protein 22g Fibre 7g

I'd never made rosti with mixed veg – the kids loved it and didn't even notice!



CURRIED CARROT SOUP

Serves 4   

Takes 45 mins

- 1 tbsp vegetable oil
- 1 red onion, finely chopped
- 2 garlic cloves, finely chopped
- 600g carrots, trimmed and roughly chopped
- 1 baking potato (280g), peeled and chopped
- 125g korma curry paste
- 1 vegetable stock pot, made up to 800ml
- 400ml tin light coconut milk
- 4 tortilla wraps
- 15g fresh coriander, roughly chopped

1 Preheat the oven to gas 4, 180°C, fan 160°C. Heat the oil in a large saucepan over a low heat and cook the onion and garlic for 5 mins or until softened. Add the carrots, potato and curry paste and cook for another 5 mins, stirring. Pour in the stock and coconut milk, bring to a simmer, then bubble over a low-medium heat for 20-25 mins until the veg is tender.

2 Meanwhile, put the tortilla wraps in the oven for 5 mins or until crisp and golden. Remove and break into pieces.

3 Stir half the coriander into the soup. Use a stick blender (or regular blender) to blitz the soup smooth, then spoon into bowls. Season with black pepper, if you like. Scatter over the toasted tortilla croutons and remaining coriander to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1856kJ 443kcal	14g	7g	20g	2.1g
22%	21%	36%	22%	34%

of the reference intake. See page 9.
Carbohydrate 65g Protein 8g Fibre 10g

This was a lovely spin on veggie soup and the toasted tortillas were a great idea I'll be using again



2



KORMA PORK & VEG SKEWERS

Serves 4

Takes 50 mins

- 500g pack 12% fat pork mince
- 75g korma curry paste
- 15g fresh flat-leaf parsley, chopped
- 1 courgette, thickly sliced
- 2 red onions, cut into wedges

- 2 tbsp vegetable oil
- 3 baking potatoes (700g), sliced into thick matchsticks
- 150g low-fat natural yogurt
- ¼ cucumber, half grated, half peeled into ribbons
- 1 small garlic clove, finely grated or chopped
- 4 wholemeal pittas, toasted and split

1 Preheat the oven to gas 6, 200°C, fan 180°C. Mix the mince with the korma paste and half the parsley and roll into 16 meatballs – wet your hands a little so it doesn't stick. Thread onto skewers with the courgette and onion wedges, brush with a little oil and transfer to a shallow baking tray. Roast for 30-35 mins until golden and cooked through.

2 Meanwhile, toss the potatoes with the remaining oil; season. Spread out in a single layer over 2 lined baking trays and roast for 25-30 mins, stirring after 20 mins, until golden and tender.

3 Mix the yogurt with the grated cucumber, garlic and half the remaining parsley; season to taste. Load the pittas with the meatballs, veg and cucumber ribbons. Drizzle over the yogurt and scatter over the remaining parsley, then serve with the potato chips.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2698kJ 643kcal	24g	6g	14g	1.2g
32%	35%	32%	15%	20%

of the reference intake. See page 9.
Carbohydrate 65g Protein 36g Fibre 10g

4

*The best potato skins we've tasted!
We'll definitely make them again*

TUNA MELT POTATO SKINS

Serves 4 **GF**

Takes 1 hr 10 mins

TIME-SAVING Try using an air-fryer to cook the potatoes. Follow the machine instructions for baking potatoes, then cook the filled potatoes for 5-10 mins at 180°C until crisp and golden. You may need to do this in 2 batches.

4 large baking potatoes
1 tsp olive or vegetable oil
75g Creamfields grated mature Cheddar

50g spring onions, sliced
2 x 145g tins tuna in brine, drained
15g fresh flat-leaf parsley, chopped
1 Little Gem lettuce, chopped
¼ cucumber, sliced
100g low-fat natural yogurt

1 Preheat the oven to gas 5, 190°C, fan 170°C. Prick the potatoes all over with a fork, then microwave for 10 mins*. Transfer to a baking tray, rub with the oil, then bake for 45 mins until crisp and tender.
2 Halve the potatoes and scoop out the centres, putting them in a bowl. Mix with the cheese, spring onions, tuna and parsley, then spoon back into the potato shells. Return to the oven for 15 mins or until crisp and golden.

3 Meanwhile, mix the lettuce and cucumber in a bowl. Serve alongside the tuna melt potato skins with a little yogurt alongside.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1575kJ 374kcal	9g	5g	6g	0.9g
19%	13%	24%	7%	15%

of the reference intake. See page 9.
Carbohydrate 45g Protein 24g Fibre 5g
Low in fat; high in protein





5 SPICY BEAN BURRITOS

Serves 4 freeze
bean mix only

Takes 35 mins

- 400g tin plum tomatoes
- 395g tin taco mixed beans
- 1 large avocado, mashed
- 50g spring onions, sliced
- 200g low-fat natural yogurt
- 15g fresh coriander, chopped
- 250g pouch microwave wholegrain rice
- 4 tortilla wraps
- 1 Little Gem lettuce, chopped
- 50g Creamfields grated mature Cheddar

1 Tip the plum tomatoes into a small saucepan and gently crush the tomatoes down to a pulp with a fork. Add the taco mixed beans and bring to a simmer over a low heat. Cook for 15 mins or until thickened.

2 Mix the avocado with half the spring onions, 50g yogurt and half the coriander; season.

3 Heat the rice to pack instructions and divide between the wraps. Add the lettuce leaves and avocado mixture, then top with the beans. Spoon over the remaining yogurt and scatter over the cheese, remaining spring onions and coriander. Roll up tightly to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2497kJ 595kcal	20g	7g	18g	1.4g
30%	29%	35%	20%	24%

of the reference intake. See page 9.
Carbohydrate 76g Protein 20g Fibre 14g

SHOPPING LIST

- 30g pack fresh coriander
- 30g pack fresh parsley
- 1 large garlic bulb
- 100g bunch spring onions
- 2-pack Little Gem lettuce
- 1 cucumber
- 500g pack Redmere Farms cooked beetroot
- 1 large avocado
- 3 red onions
- 3-pack courgettes
- 2.5kg pack baking potatoes
- 800g pack carrots
- 2 x 250g packs Nightingale Farms cherry tomatoes
- 500g pot Creamfields low-fat natural yogurt
- 250g pack Creamfields grated mature Cheddar
- 500g pack Woodside Farms 12% fat pork mince
- 8-pack H.W. Nevill's tortilla wraps
- 6-pack wholemeal pittas
- 400g tin Grower's Harvest plum tomatoes
- 400ml tin light coconut milk
- 395g tin taco mixed beans
- 2 x 145g tins Stockwell & Co. tuna chunks in brine
- 200g jar korma paste
- 250g pouch Grower's Harvest microwave wholegrain rice
- 6-pack medium free-range eggs

+ FROM YOUR STORECUPBOARD

Vegetable oil, olive oil, vegetable stock pot

GIVE ME MORE!

Scan this QR code to find more meal plans for £25 at Tesco Real Food.



Nestlé®

CHANCE TO

WIN[‡]



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WORTH
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Well dip
me in brine
and call me a

gherkin.



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Food items referenced: 'Tesco Whole Pickled Gherkins'.

CAULIFLOWER AND SWEDE

These humble heroes of the veg world have a lot to offer. Get past the knobbly exterior of a swede (peeling isn't too tricky) for a sweet reward – it's what's on the inside that counts! Cut into wedges and roast as an alternative to chips, or use as the base for stews and soups. Versatile cauliflower is having a revival as a vegetarian main, from deeply spiced florets to griddled or roasted whole. And it's a great side – try it as rice or even as a creamy, light mash. Don't throw out the green leaves: shred, then steam or stir-fry. Or simply drizzle with oil and roast until lightly crisp and charred.

FIELD TO FORK


Seasonal staples get a glam makeover for September

**Taste the care**

Look for this quality seal on the most cared-for products at Tesco. All the hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.



STICKY CHICKEN & CAULI RICE BOWLS

Serves 4 

Takes 25 mins

Cost per serve £2.82

600g pack skinless and boneless chicken thigh fillets, cut into 2.5cm pieces
2cm piece ginger, peeled and finely grated
3 garlic cloves, finely chopped
3 limes, 1 zested, 2 juiced, 1 cut into wedges to serve
2 tbsp clear honey
2 tbsp reduced-salt soy sauce

1 cauliflower, leaves removed (350g prepped weight), cut into florets
2 tsp vegetable oil
2 red chillies, 1 finely chopped, 1 thinly sliced
2-pack Sweet Gem lettuce, 8-12 larger leaves removed, rest roughly chopped
1 carrot, peeled and cut into matchsticks
4 spring onions, chopped
15g fresh coriander, leaves picked
For the dressing
2 tsp rice vinegar
2 tbsp fish sauce
1 tsp caster sugar

1 In a large bowl, mix the chicken with the ginger, two-thirds of the garlic, the zest and juice of 1 lime, the honey and soy sauce. Set aside for at least 10 mins.

2 Pulse the cauliflower in a food processor until it resembles breadcrumbs, then transfer to a bowl and cover with clingfilm. Pierce the clingfilm with a knife and microwave on full power for 7 mins or until piping hot.

3 Meanwhile, heat the oil in a wok over a medium-high heat. Stir-fry the chicken for 4-5 mins until cooked through, then remove from the heat and set aside.

4 Mix all the ingredients for the dressing with the remaining garlic, the juice of 1 lime, the finely chopped chilli and 2 tbsp water, stirring well, then set aside.

5 To serve, divide the whole and chopped lettuce between 4 bowls and add the cauliflower rice and carrot. Drizzle over the dressing, then top with the sticky chicken. Scatter the spring onions, sliced chilli and coriander over the rice, then serve with lime wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1554kJ 370kcal	18g	4g	17g	3.2g
19%	25%	21%	19%	52%

of the reference intake. See page 9.
Carbohydrate 19g Protein 32g
Fibre 4g



MEET THE GROWER



Greville Richards, owner of Southern England Farms Ltd, tells us about their 6,500 acres of farmland, which ensures a constant supply of fresh cauliflower.

'Our farms spread over Cornwall, from Land's End to Wadebridge, where the local variations in rainfall, soil and warm climate means we can grow and harvest cauliflower all year round – which is great for customers and our staff. The Cornish sea air also gives the cauliflower a very sweet taste. I enjoy roasted cauliflower florets sprinkled with paprika, or it's simply delicious raw in a salad with your favourite dressing.'

The inner leaves are also great – try them lightly steamed, served with a cheese sauce and hard-boiled eggs



£1.26

per serve

SPICED CAULIFLOWER STEAK BURGERS

Serves 4 freeze
cooked cauliflower steaks

Takes 20 mins

Cost per serve £1.26

1 medium cauliflower (about 200g), leaves thinly sliced

1 large egg, beaten

80g dried white breadcrumbs

30g plain flour

½ tsp chipotle chilli flakes or crushed chillies

3 tsp smoked paprika

400ml vegetable oil

rocket and mayonnaise, to serve (optional)

4-pack brioche burger buns, halved

For the blue cheese slaw

200g white cabbage, thinly sliced

½ red onion, thinly sliced

½ lemon, juiced

2 tbsp sriracha chilli sauce

50g blue Stilton, crumbled

1 Cut 2 x 2cm thick steaks from the centre of the cauliflower, keeping the stem intact. Put the egg, breadcrumbs and flour in separate shallow bowls. Add the chilli flakes and 1 tsp smoked paprika to the flour; season. Stir the remaining paprika into the breadcrumbs and set aside.

2 For the slaw, put the cabbage, onion and cauliflower leaves in a bowl with the lemon juice; season with salt and scrunch with your hands to coat. Set aside for 2 mins, then stir through the sriracha and crumble in the Stilton. Set aside.

3 Coat 1 cauliflower steak in the seasoned flour, then cover in the beaten egg and finally the breadcrumbs. Repeat with the second steak.

4 Meanwhile, heat the oil in a large, deep frying pan over a medium-high heat until it reaches 180°C, or until a cube of bread browns in 30 secs. Shallow-fry

the steaks for 3 mins each side; transfer to a plate lined with kitchen paper to drain.

5 To assemble, put a small handful of rocket (if using) on the bun bases, then add some slaw. Halve the cauliflower steaks through the stem and place on top of the slaw. Spread the bun lids with a little mayonnaise, if you like, then sandwich together.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2099kJ 501kcal	21g	5g	13g	1.7g
25%	30%	25%	14%	29%

of the reference intake. See page 9. Carbohydrate 59g Protein 16g Fibre 6g 1 of your 5-a-day; source of protein

USE IT UP

CAULIFLOWER

Got leftover cauliflower? Turn to p14 for some great, easy ideas to use it up.

TUSCAN-STYLE SWEDE SOUP (RIBOLLITA) WITH PESTO CROUTONS

Serves 4-6 ❄️ freeze
soup only

Takes 40 mins

Cost per serve 68p

3 tbsp olive oil
400g frozen classic
vegetable base mix
3 garlic cloves, finely
chopped
3 thyme sprigs
2 rosemary sprigs

250g tomatoes,
quartered
1 vegetable stock pot,
made up to 1.2ltrs
400g swede, peeled and
diced
400g tin cannellini
beans, drained
4 Savoy cabbage leaves,
thick stalks removed,
thinly sliced
2 slices crusty bread,
roughly chopped
2 tsp green pesto
15g Parmesan, finely
grated

1 Preheat the oven to gas 4, 180°C, fan 160°C. Heat 2 tbsp oil in a large saucepan over a medium heat and fry the vegetable base mix for 3-4 mins, stirring occasionally, until defrosted and softened slightly; season. Add the garlic, thyme and rosemary sprigs.

2 Stir in the tomatoes, cook for 2 mins, then add the stock and swede. Simmer for 12-14 mins until the swede is tender, then add the beans and cabbage and cook for 2-3 mins until the cabbage is tender.

3 Meanwhile, put the bread in a bowl with the remaining olive oil, a pinch of salt and the pesto; stir to coat. Tip onto a lined baking sheet and bake for 7-8 mins until golden and crisp.

4 To serve, remove the herb sprigs and divide the soup between 4 bowls. Top with the pesto croutons and a shaving of grated Parmesan.

Each serving (6) contains

Energy	Fat	Saturates	Sugars	Salt
919kJ 220kcal	9g	2g	10g	1.1g
11%	13%	9%	11%	19%

of the reference intake. See page 9.
Carbohydrate 24g Protein 7g Fibre 7g
2 of your 5-a-day; low fat

68p
per serve



MEET THE GROWER





R & K Drysdale, based in the Scottish Borders, has been supplying Tesco for over 30 years. Head of commercial John Inglis reveals how they grow great-quality swede.

'Our microclimate is ideal for growing vegetables. Swede thrives in cooler climates – cool temperatures promote the naturally occurring sugars in the root, enhancing its sweet and earthy taste. It's time to harvest when they're about 10–15cm across and the roots are firm and a vibrant colour. We harvest with the utmost care, so what you get in store is quality through and through.'

Roasting swede enhances its natural sweetness and brings out its distinct nutty flavour

SWEDE & LEEK FARLS

Serves 4  

Takes 35 mins

Cost per serve 46p

500g swede, peeled and cut into 2cm pieces
15g salted butter
1 small leek, halved lengthways and chopped
1 tsp baking powder
150g plain flour, plus extra for dusting
30ml vegetable oil
wilted baby spinach, poached eggs and hollandaise, to serve (optional)

46p
per serve

1 Put the swede in a microwave-safe bowl with 2 tbsp water, cover and microwave on high for 10 mins or until very tender*. Alternatively, steam in a steamer for 20–25 mins. Leave to dry for 5 mins, then tip into a dry saucepan and mash well. Heat over a low heat for 10 mins, stirring occasionally, to help remove some of the liquid. Season and set aside.

2 Meanwhile, melt the butter in a frying pan over a medium heat and fry the leek for 3–4 mins until softened. Add to the mashed swede with the baking powder and half the flour; mix gently. Add the remaining flour to create a slightly sticky dough. Turn out onto a well-floured surface, cut in half and shape each half into a disc about 1cm thick. Cut each disc into quarters.

3 Heat half the oil in a frying pan over a medium heat and cook the farls in batches for 3–4 mins each side until golden. Transfer to a plate and repeat with the remaining oil and farls. Serve with spinach, poached eggs and hollandaise, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1209kJ 289kcal	12g	3g	8g	0.5g
14%	17%	13%	9%	9%

of the reference intake. See page 9.
Carbohydrate 38g Protein 6g Fibre 6g
1 of your 5-a-day; low in salt

A new spin on potato farls





Tonight's Pesto sausage & pearl barley one-pot...

COOK *ONCE*, EAT *TWICE*

A bumper crop of double-duty recipes,
reader-tested, to get you back
in an autumn routine

A bit of meal planning can go a long way in saving time, money and effort, not to mention reducing food waste. But a whole week of planning isn't for everyone. That's why *Cook once, eat twice* is so brilliant – they're enough of a plan to help you stretch ingredients, and you'll largely have a meal prepped for the next day. So when it comes to September and you've a lot on your plate, these recipes are a good place to start helping you feel organised. Plus we've added some tips for making your own double-duty recipes at home.



Tesco magazine reader Kay, a teacher and mum of two from Staffordshire, tried our recipes and gave us her verdict.

...becomes tomorrow's Cheesy pearl barley cakes



PESTO SAUSAGE & PEARL BARLEY ONE-POT

Serves 4 *

Takes 1 hr 10 mins

Cost per serve £1.58

3 tbsp olive oil
8-pack 50% reduced-fat pork sausages
1 large onion, finely chopped
3 garlic cloves, crushed
400g pearl barley
200ml white wine (optional)
1 reduced-salt chicken stock cube, made up to 1ltr
4 tbsp fresh basil pesto
15g fresh basil, leaves picked, stalks finely chopped
100g baby spinach
35g Grana Padano or Parmesan, 25g finely grated, 10g shaved with a peeler
220g cherry tomatoes

We've never had pearl barley before but this was a pleasant surprise, and easy to make

1 Heat 1 tbsp olive oil in a deep, lidded frying pan or shallow flameproof casserole dish over a medium heat and fry the sausages for 8-10 mins, turning regularly, until golden brown all over (no need to cook through). Transfer to a plate.

2 Heat another 1 tbsp oil in the pan and fry the onion for 5-7 mins until softened but not coloured. Stir in the garlic and fry for 1 min more until fragrant. Tip in the barley and stir for 1-2 mins to coat in the oil and toast the grains. Pour in the wine, if using, and bubble until evaporated. Stir in the chicken stock, cover and simmer over a medium heat for 35-40 mins, stirring occasionally, until the barley is just tender. Remove the lid for the last 10 mins of cooking if there's lots of stock left: you want a spoonable risotto texture.

3 Transfer half the barley (about 750g) to a bowl or container to cool, then cover and put in the fridge for the pearl barley cakes (see recipe, right). Stir half the pesto into the remaining barley in the pan over a low heat, along with the basil stalks, spinach, grated Parmesan and 100ml water. Nestle in the sausages, cover and cook for a further 7-10 mins until the sausages are cooked through and the barley is tender and creamy.

4 Meanwhile, heat the grill to high. Put the tomatoes on a tray and season. Drizzle with ½ tbsp oil and grill for 4-5 mins until just starting to soften and burst.

5 Put the tomatoes on top of the barley and stir through, then spoon over the remaining pesto. Scatter with Parmesan shavings, basil leaves and a drizzle of the remaining olive oil to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2504kJ 599kcal	29g	7g	6g	1.6g
30%	41%	37%	7%	26%

of the reference intake. See page 9.
Carbohydrate 53g Protein 27g Fibre 11g

CHEESY PEARL BARLEY CAKES

Serves 4 *

Takes 30 mins plus chilling

Cost per serve 75p

100g baby spinach leaves
750g leftover pearl barley (see recipe, left)
1 lemon, zested
25g Grana Padano or Parmesan, finely grated
50g plain flour
2 eggs, beaten
100g dried breadcrumbs (panko or regular)
100-150ml vegetable oil
green beans and salad leaves, to serve (optional)

1 Put the spinach in a colander and pour over a kettle of boiling water to wilt. Rinse under cold water until cool, then squeeze out all the excess liquid through a clean tea towel and finely chop.

2 Tip the cold leftover pearl barley into a bowl and add the chopped spinach, lemon zest, Parmesan and some seasoning. Mix well with clean hands until combined.

3 Put the flour, beaten eggs and breadcrumbs in 3 separate shallow bowls. Divide the barley mix into 8 and shape into patties using damp hands to stop the barley sticking. Dust in the flour to coat, then dip in the egg. Transfer to the breadcrumbs and press gently so they're well coated. Chill for 15 mins.

4 Pour enough oil into a deep frying pan to come about 1cm up the sides. Heat over a medium-high heat until a cube of bread sizzles immediately when added and browns within 30 secs. Cook the barley cakes in batches for 1-2 mins each side until golden brown and crunchy. Drain on kitchen paper and transfer to a plate while you fry the remaining barley cakes. Season with a little salt, then serve with green beans and salad leaves, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2268kJ 541kcal	20g	3g	3g	0.8g
27%	29%	17%	4%	14%

of the reference intake. See page 9.
Carbohydrate 69g Protein 15g Fibre 10g
Low in saturated fat; source of fibre

I added an extra egg to help these bind more, and my sons had them with ketchup



New

DISCOVER THE AUTHENTIC TASTE OF AMERICA



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COUPON
ON PAGE 4



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STICKY ROASTED SQUASH & NOODLE SOUP

Serves 4  

Takes 1 hr

Cost per serve £1.28

£1.28

per serve

- 5 tbsp reduced-salt soy sauce
- 3 tbsp clear honey
- 2 limes, 1 juiced, 1 cut into wedges to serve
- 1 large butternut squash (about 1.5kg), peeled, deseeded and cut into 2cm cubes
- 2 tsp vegetable oil
- 2 shallots or 1 small onion, sliced
- 3-4 tbsp Thai green curry paste
- 400g tin reduced-fat coconut milk
- 1 reduced-salt vegetable stock cube, made up to 600ml
- 4 nests egg noodles
- 4 spring onions, finely sliced
- 15g fresh coriander, leaves picked

Tonight's Sticky roasted squash & noodle soup...

1 Preheat the oven to gas 7, 220°C, fan 200°C. Mix the soy sauce, honey and lime juice in a small bowl. Scatter the squash evenly over a large baking tray. Drizzle over the soy marinade and toss to coat each piece. Roast for 35-40 mins, turning a few times during cooking, until the squash is soft and coated in the sticky glaze. Keep an eye on it for the last 10 mins of cooking, as the sugar can catch. Set aside half (about 500g) for the Squash & avocado rice bowls (p35); leave to cool, then store in the fridge.

2 Meanwhile, heat the vegetable oil in a large saucepan over a medium heat and fry the shallots for 4-5 mins until soft. Stir in 3 tbsp Thai curry paste and cook for 1 min until fragrant. Pour in the coconut

milk and stock and bring to the boil. Simmer for 5 mins, then taste and add another 1 tbsp curry paste if you'd prefer more spice.

3 Meanwhile, cook the noodles to pack instructions and drain well. Divide the noodles between 4 bowls and stir through the remaining squash. Pour over the coconut broth, then scatter with the spring onions and coriander. Serve with lime wedges.


Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1679kJ 399kcal	10g	6g	18g	1.4g
20%	14%	29%	20%	23%

of the reference intake. See page 9.
Carbohydrate 65g Protein 10g Fibre 2g
1 of your 5-a-day; source of vitamin A

The sweet squash was lovely with the slightly sour broth

SQUASH & AVOCADO RICE BOWL

Serves 4 

Takes 15 mins

Cost per serve £1.33

- 300g long-grain rice, washed
- 2 tsp cumin seeds
- ½ shallot, finely chopped
- 1 lemon, juiced
- 3 tbsp extra-virgin olive oil
- 500g leftover sticky soy squash (see left)
- 2 avocados, diced
- 4 spring onions, finely sliced
- 100g reduced-fat salad cheese, crumbled
- 15g fresh coriander, leaved picked

1 Cook the rice to pack instructions. Meanwhile, heat a dry frying pan over a medium heat and toast the cumin seeds for 1-2 mins, shaking the pan frequently, until fragrant. Transfer to a bowl, then whisk in the shallot, lemon juice, olive oil and season well.

2 Reheat the squash (or serve cold if you prefer) in the microwave for 1-2 mins on high until heated through. Divide the cooked rice between 4 deep bowls and top with the squash pieces. Add the avocado, spring onions, salad cheese and coriander, and spoon over the dressing to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2533kJ 604kcal	24g	5g	16g	1.4g
30%	34%	26%	18%	22%

of the reference intake. See page 9.
Carbohydrate 81g Protein 13g Fibre 4g

THE SIMPLE RULES OF DOUBLE-DUTY DINNERS

1. MAKE THE MOST OF YOUR OVEN If you're roasting a chicken for dinner tonight, put another tray of veg in at the same time to go with lunch tomorrow.

2. UNDERSTAND PORTION SIZES This helps prevent waste and makes it easier to plan meals. As a general rule, use 75g dried pasta per person, 60g rice, and 250g potatoes for a side like mash. Smaller portions of leftovers can still become a full meal with some new elements: add croutons to stew, avocado to chilli, or slaw to wraps and sandwiches.

3. KNOW HOW TO STORE Cooking this way is less fuss than full-batch cooking and requires much less prep. Most leftovers will keep, covered in the fridge, for 1-2 days, and some can be frozen, but always check the recipe guidelines.

...becomes tomorrow's Squash & avocado rice bowl

GIVE ME MORE!

Scan this QR code to find more Cook once, eat twice meals on Tesco Real Food.



£1.33
per serve

This was quick and easy, and very tasty. It would work as a lunch too

A “SWEET” DEAL

Our brand new oat drink contains no sugars, granting us the legal freedom to call it No Sugars Oat Drink which we obviously did. But since we strive to be transparent in everything we do, we put quotation marks around the “No” because we’d like to call your attention to how oats actually work. When they enter your body, the carbohydrates are broken down into sugars. Easy now, this is completely normal and happens to all food containing starch, like potatoes and pasta, for example. Added sugar, however, is a different story.



That’s something you should eat less of unless you’re watching a tearjerker on your sofa after breaking up with that special someone and are in need of urgent comfort. But wait, does this mean our “ordinary” unflavored oat drinks have added sugar? Not at all. In those, some of the carbs are already broken down into sugars at the factory. With this product, you have to do some of the work yourself, but in return, you get a less sweet taste, which we think you might enjoy if a less sweet taste is your “thing.”

DINE IN

Tonight's special is a spontaneous evening at home together with an indulgent dinner, no planning required

Food this good deserves excellent wine. The rich, dark fruit notes of this South African Malbec, £7.50, beautifully complement the pie's beef stroganoff filling.

Dive into Chocolate & Hazelnut Croissant Swirls 160g, £3.25 (£2.03/100g), for dessert - almost too good to share!

If it's indulgence you're looking for, these Beef Stroganoff Pies 2 x 250g, £6.50 (£1.30/100g), have your name on them. They're made with 100% British beef encased in flaky, buttery pastry.

For the perfect pairing, try this buttery Smoked Garlic & Herb Mash 450g, £2.75 (61p/100g).

**MAIN
+
SIDE
+
DESSERT
+
DRINK**

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New way with pasta shapes

Tortellini
minestrone
p40

SHORTCUT COOKING

Bring Italian flavours to the table in minutes
with these clever time-saving dinners

TORTELLINI MINISTRONE

Serves 4

Takes 30 mins

Cost per serve £1.63

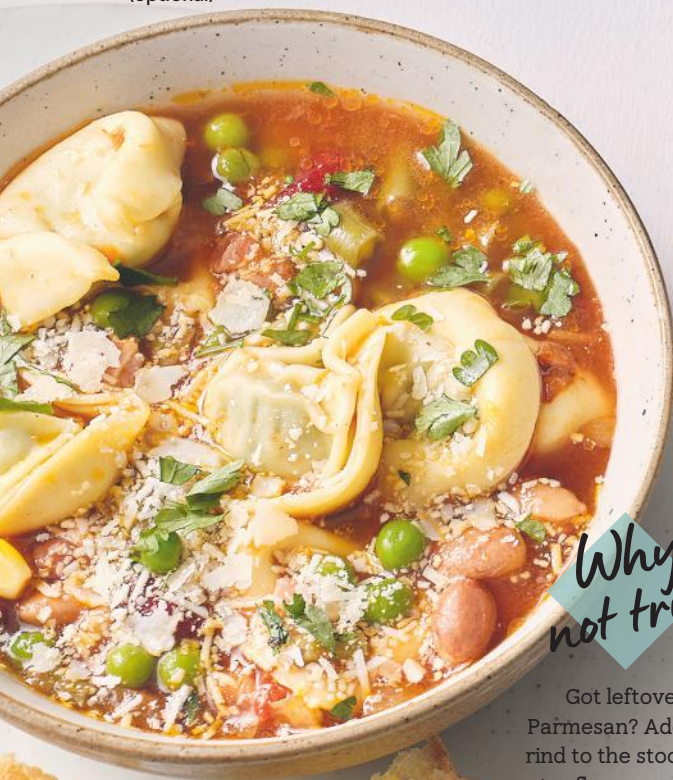
1 tbsp olive oil
200g frozen classic vegetable base mix
150g smoked bacon lardons
1 tbsp tomato purée
400g tin chopped tomatoes
1 reduced-salt chicken stock cube, made up to 500ml
1 Parmesan rind (optional)
400g tin mixed bean salad in vinaigrette
150g frozen peas
300g pack spinach & ricotta tortelloni
crusty bread and grated Parmesan, to serve (optional)

1 Heat the oil in a large saucepan over a low-medium heat; cook the vegetable base mix and bacon lardons for 12 mins until the veg is soft and the bacon is browned. Stir through the tomato purée, cook for 1 min, then add the chopped tomatoes. Half-fill the tin with water and add to the pan, along with the stock and Parmesan rind, if using. Increase the heat to medium and simmer gently for 10 mins.
2 Add the mixed beans and their liquid, the frozen peas and the tortelloni. Return to the boil, then simmer for 3-4 mins until the peas and tortelloni are cooked through. Spoon into warmed bowls and serve with grated Parmesan and crusty bread for dipping, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1892kJ 451kcal	16g	6g	13g	2.2g
23%	23%	30%	15%	37%

of the reference intake. See page 9.
Carbohydrate 49g Protein 21g Fibre 13g



Why not try?

Got leftover Parmesan? Add the rind to the stock for extra flavour; remove before serving.

CHARGILLED VEG & GOAT'S CHEESE PIZZAS

Serves 4

Takes 15 mins

Cost per serve £2.58

2 x 2-packs sourdough pizza bases
260g passata
240g ball reduced-fat mozzarella, drained and coarsely grated (or 160g grated mozzarella)

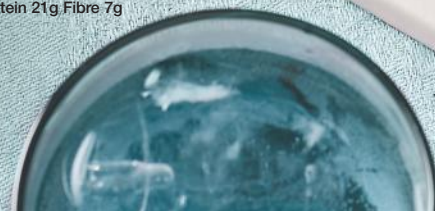
140g red onion chutney
280g jar chargrilled mixed antipasti, drained and sliced
90g soft goat's cheese, crumbled
40g rocket
1 tbsp extra-virgin olive oil, to serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C and place 2 large baking sheets inside to heat up. Put the pizza bases on a board and spread each with 4 tbsp passata. Scatter over the grated mozzarella, then spoon over the red onion chutney and arrange the antipasti and crumbled goat's cheese on top.
2 Carefully transfer the pizzas to the preheated baking sheets and cook for 8-10 mins until the cheese has melted and the bases are golden. Top each with a handful of rocket and a drizzle of oil to serve, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2407kJ 573kcal	21g	7g	18g	2.2g
29%	29%	34%	20%	36%

of the reference intake. See page 9.
Carbohydrate 72g Protein 21g Fibre 7g



Red onion chutney gives an instant flavour hit







No need to cook a sauce first

↖ **£1.23**
per serve

NO-PREP GREEN LASAGNE

Serves 6  

Takes 50 mins

Cost per serve £1.23

TIME-SAVING No time to defrost? Put the frozen spinach in a pan of boiling water and simmer for 1-2 mins. Cool under cold water; squeeze dry.

2 x 390g tins green lentils, drained and rinsed

2 x 500g cartons passata with garlic & herbs
1 large courgette (200g), coarsely grated
400g frozen spinach, defrosted and squeezed dry (see tip, left)
1 tsp chilli flakes
9-12 dried lasagne sheets
250g ricotta
50g pecorino (or Parmesan), grated
fresh basil and salad leaves, to serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Put the lentils in a large bowl with 1½ cartons of passata, the courgette, spinach and chilli flakes. Season; mix well.

2 Spoon ⅓ of the lentil mixture into the base of a 30 x 20cm ovenproof dish. Arrange a single layer of lasagne sheets over the top, breaking in half if needed. Repeat the layers with the remaining lentil mixture and lasagne sheets twice more.

3 Season the remaining passata and spread over the top layer of lasagne sheets. Mix the ricotta in a bowl with some black pepper

and half the grated pecorino. Spoon evenly over the lasagne, then scatter over the remaining pecorino. Bake for 35 mins or until golden (cover with foil after 25 mins if it's browning too much) and the pasta is cooked through. Scatter with fresh basil and serve with salad leaves, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1389kJ 330kcal	7g	4g	8g	1.0g
17%	10%	22%	9%	16%

of the reference intake. See page 9. Carbohydrate 45g Protein 18g Fibre 10g 2 of your 5-a-day; high in protein; high in fibre; high in folate (vitamin B9)

New

Delicious vegan Gummies for Kids



Now available in Kids range as well as Adults



In store this year, Hair Skin & Nails
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1

In the know

Tuck into grains

They're cheap, they're versatile and they're good for you.
All the more reason to swot up on these storecupboard stars

Q WHAT ARE GRAINS?

Grains are small but mighty dry seeds harvested from grassy plants called cereals. They include everyday staples such as oats, wheat, maize and rice, as well as lesser-known varieties like millet, barley and rye. There are also 'pseudocereals' such as quinoa, chia and buckwheat, which are prepped and eaten like grains but aren't technically part of the same family, as they don't come from cereals.

Q HOW DO WE EAT THEM?

Grains can be used as an ingredient in cooking, or turned into products like rye bread or wheat biscuits. They also form the base of many foods including bread, pasta, cereal, cakes and even beer.

Q WHAT IS WHOLEGRAIN?

All grains start as wholegrains – this means they have an outer layer (the bran) and a core (the germ). These are considered to have more health benefits (see Grain gains, right) but can be tougher to chew and take longer to cook. That's where refined grains come in. These are milled to remove the bran and germ, making them easier to chew and cook, and ideal to use in biscuits, cakes and crackers.



2



3

60%

of the calories in
our diets come
from wheat, corn
and rice*

4



MYTH BUSTER TRUE or FALSE?

FALSE GRAINS ALWAYS TAKE AGES TO COOK

If you've ever waited 35 minutes for brown rice to cook you may feel this way, but many now come in microwaveable packs that only take a few minutes to prep. Look out for easy-cook brown rice too – it takes just 22 minutes on the hob.

FALSE GRAINS ARE EXPENSIVE

Grains can be some of the cheapest foods on the shelves, and are frequently included in Tesco's value ranges. They often come in large bags, making them great value for money too.

FALSE ALL GRAINS CONTAIN GLUTEN

Naturally gluten-free grains include maize, rice and oats (see Varieties, right) but always check the label. People with coeliac disease or following a gluten-free diet should avoid some grains including wheat, barley and rye.



VARIETIES

1. OATS Not just for porridge, oats can be baked into cookies, cakes, granola bars and scones. They can become contaminated with gluten during processing, so go for gluten-free varieties if needed.

2. MAIZE This versatile grain is also called corn. Different varieties create foods like popcorn, sweetcorn and cornflour.

3. WHEAT The building block for many foods.

4. RICE One of the most familiar grains, with many uses. Check out *Rice revelations* in our summer issue at tesco.co/summer23.

5. RYE A dense, dark grain used for flour, rye bread and crispbread. Try it in Danish-style open sandwiches.

6. BULGUR A wheat grain that is partially precooked to reduce prep time. Used in Middle Eastern cooking for tabbouleh and pilaf.

7. BARLEY Known as pearl barley when milled, it has a nutty taste and chewy texture. Use as a swap for risotto rice, or add to casseroles.

STRETCH AND SAVE

Add grains to your meals to make them go further.

- ✓ **Simmer barley** in soups or stews to bulk them out
- ✓ **Make fresh berries** stretch further in smoothies by blending with oats
- ✓ **Add cooked rice** to salads to make them more filling

GRAIN GAINS

Grains are starchy carbs (along with potatoes and pulses), which are important for a balanced diet.

A good source of energy, calcium, iron and B vitamins, they contain fewer than half the calories of fat, gram for gram. When refined grains are milled, they lose nutrients. Some of these are reintroduced, but fibre usually isn't – so pick wholegrain where you can, as fibre helps keep your digestive system healthy.

GIVE ME MORE!

Scan this QR code to find 10 grain recipes on Tesco Real Food.



What's for lunch?

Banish boring sarnies with tasty recipes you can adapt to suit the whole family



SAVOURY CHELSEA BUNS

Makes 9

Takes 1 hr plus rising

Cost per serve 52p

75g courgette, trimmed and coarsely grated
1 small carrot (75g), scrubbed and coarsely grated
450g strong white bread flour, plus 1 tbsp and extra for dusting
7g sachet fast-action yeast
1 tsp fine salt
150ml whole milk
1 medium egg, lightly beaten
75g unsalted butter, melted, plus extra for greasing
oil, for greasing
60g green pesto
75g 30% reduced-fat mature cheese, grated
4 spring onions, finely sliced
75g sundried tomatoes, drained and chopped

1 Put the courgette and carrot in a clean tea towel and squeeze out as much water as possible. Scatter onto a baking tray lined with kitchen paper and cover with another sheet of kitchen paper, pressing down. Remove the top sheet and set aside, uncovered, while you make the dough.

2 Mix the flour, yeast and salt in a large mixing bowl, making a well in the centre. Mix the milk, egg and butter in a jug, then slowly pour into the well, using a wooden spoon to bring the flour in from the sides before finally using your hands to make a soft dough.

3 Tip onto a flour-dusted work surface and knead for 6–8 mins until smooth and elastic. Press the grated veg with a final piece of kitchen paper, then scatter onto the work surface. Sprinkle 1 tbsp flour over the veg, then continue to knead the dough until the veg is all incorporated. Shape into a ball, then return to the bowl, covering with lightly oiled clingfilm. Leave to rise in a warm place for 1 hr, or until doubled in size.

4 Knock back the dough on a lightly floured surface, then roll out into a rectangle, roughly 45 x 25cm. Spread over the pesto, leaving a 2cm border, then scatter over the cheese, spring onions and sundried tomatoes. Roll the dough

up tightly from a long end, then slice into 9 pieces.

5 Arrange the pieces in 3 rows in a greased, deep 20cm square tin, cut side up. Cover with lightly oiled clingfilm and leave in a warm place to rise for another 45 mins, or until doubled in size. Preheat the oven to gas 6, 200°C, fan 180°C.

6 Bake the buns for 40–45 mins until golden. Leave to cool for 10 mins before moving to a wire rack to cool completely.

Each bun contains

Energy	Fat	Saturates	Sugars	Salt
1443kJ 344kcal	15g	7g	3g	1.1g
17%	21%	35%	3%	19%

of the reference intake. See page 9.
Carbohydrate 40g Protein 11g Fibre 3g

FLEX IT Serve with soup or turn into sandwiches. Fill with ham and tomato chutney, try with roasted veg, or add cured ham and cheese. Serve as part of a salad plate with houmous.

GREAT VALUE

Bake and freeze a batch for an easy lunch. See right for serving suggestions.



CHICKEN & LENTIL MEATBALL TACOS

Serves 4 ❄️ freeze

meatballs only

Takes 35 mins plus

freezing

Cost per serve £2.72

COOK'S TIP To avoid frying, preheat the oven to gas 6, 200°C, fan 180°C. Put the meatballs on a lined baking tray and bake for 18–20 mins.

390g tin green lentils in water, drained

500g pack chicken mince

15g taco seasoning (from a 30g sachet)

3 tbsp dried white breadcrumbs

2 tbsp rapeseed oil

1 large, ripe avocado

½ lime, juiced

8 crunchy taco shells

150g chargrilled peppers (from a 285g jar), cut into strips

200g pot fresh salsa soured cream, to serve (optional)

1 Pat dry the lentils with kitchen paper, then add to a large bowl with the mince, taco seasoning and breadcrumbs; mix well to combine. Use slightly wet hands to shape into 16 golf ball-sized meatballs.

2 Preheat the oven to gas 6, 200°C, fan 180°C. Heat 1 tbsp oil in large nonstick frying pan over a medium heat. Cook half the meatballs for 6–8 mins, turning frequently, until browned all over (see Cook's tip). Transfer to a lined baking tray, then repeat with the remaining oil and meatballs. Bake for 10–12 mins, until cooked through.

3 Meanwhile, mash the avocado with the lime juice and a little black pepper. Serve the meatballs in the taco shells with the roasted peppers, avocado, a spoonful of salsa and a dollop of soured cream, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2426kJ 581kcal	32g	5g	7g	1.7g
29%	46%	26%	7%	29%

of the reference intake. See page 9.
Carbohydrate 38g Protein 31g Fibre 9g

FLEX IT These meatballs are just right to serve in toasted pittas with coleslaw and shredded lettuce, or try adding them to green salad with crumbled feta. You could also add to soups to bulk out.

VIETNAMESE-STYLE FISH FINGER BAGUETTES (BÁNH MÌ)

Serves 2

Takes 20 mins

Cost per serve £1.19

CLEVER SWAP Kids will love this too, just omit the chilli and increase the mayo.

6 frozen omega-3 fish fingers

1 white baton, halved widthways

2 tbsp lighter mayonnaise
½ tbsp sriracha chilli sauce

¼ cucumber, halved, deseeded and thinly sliced

1 small carrot, peeled and coarsely grated

4 spring onions, trimmed and shredded

½ lime, juiced
1 tsp reduced-salt soy sauce

1 tsp sesame oil

5g fresh mint, leaves picked, to serve

1 Cook the fish fingers to pack instructions; leave to cool slightly while you prepare the rest of the ingredients. Slice open each baton half and spread with the chilli mayo.

2 Add the sliced cucumber, grated carrot and spring onion to a bowl, along with the lime juice, soy sauce and sesame oil. Season and toss well to coat.

3 Pile the veg mix into the baton before topping with the fish fingers. Scatter over the mint leaves to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2241kJ 532kcal	14g	2g	9g	2.1g
27%	20%	9%	10%	35%

of the reference intake. See page 9.
Carbohydrate 76g Protein 23g Fibre 7g

Lentils make meatballs go further



Chicken
& lentil
meatball
tacos
p48



FLEX IT Make the pickled carrot mix without the cucumber, then add to beaten eggs for Vietnamese-style omelettes. Serve the cucumber alongside.

Upgrade a family favourite

£1.19
per baguette



Vietnamese-style
fish finger
baguettes
(bánh mì) p48

The
nation's
favourite
rice cake

No 1



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No matter whether you're a confident home cook or a beginner, having the right tools can mean the difference between sitting down to perfectly fried eggs or scraping a scrambled mess off the bottom of the pan. But you don't have to fork out for big brands. Enter your sous-

chef: Go Cook. It's a range of high-quality cookware that's built to last, with clever features that take the fuss out of food prep. Trust it to help you get the job done, from whizzing up midweek meals to embarking on your first Christmas dinner with the in-laws. Go Cook is with you for the home wins.



ONE PEELER, MANY WAYS TO USE IT

The **Go Cook Duo Peeler**, **£6.50**, can tackle anything from knobs of ginger to squash skin (try it out on the Sticky roasted squash & noodle soup, p34). There's even a pointed tip to remove stubborn potato eyes.



VERSATILE IS THIS BOARD'S MIDDLE NAME...

It's heavy-duty enough to use for food prep, but the gorgeous marble detailing means you'll want it to have pride of place on your dining table for serving too. **Go Cook Acacia Marble Paddle Board 30cm**, **£17**.

Stylish, practical – and only £17!

YOUR NEW CRUSH

Garlic can be such a fiddly food to prep, but the **Go Cook Multifunction Garlic Press**, **£10**, has three settings to crush, slice or dice with ease – that's

especially handy in recipes where you need multiple cloves, like the Tuscan-style swede soup (ribollita), p28. And the best part? It's super-easy to clean.



With fine edges for easy flipping, the **Go Cook Stainless-Steel Turner, £4.25**, makes omelettes and pancakes a doddle. Or try your hand at the Swede & leek farls, p29. There's even a hole in the handle so you can save counter space by hanging it up to store.

IS YOUR PAN HOT ENOUGH?

The **Heat Control Forged Aluminium** range takes the guesswork out of cooking, by telling you when your pan has heated up. Simply look out for when the Go Cook logo turns red. Pick aluminium pans, like in the **Aluminium Marble** range, as they're lighter and more affordable than stainless-steel ones. To protect the nonstick coating, use wooden, nylon or silicone utensils.



GREAT VALUE

Go Cook pans have a 20-year guarantee, meaning they're made to last meal after meal (it's five years for utensils too!).

- 1 Go Cook Heat Control Forged Aluminium Frying Pan 30cm, £21; 2 Go Cook Stainless-Steel Turner, £4.25; 3 Go Cook Stainless-Steel Tongs, £5; 4 Go Cook Heat Control Forged Aluminium Grill Pan 24cm, £19; 5 Go Cook Aluminium Marble Stir-fry Pan 28cm, £17; 6 Go Cook Aluminium Marble Saucepan 20cm, £22; 7 Go Cook Heat Control Forged Sauté Pan 28cm, £29

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BAKE THE TREND

Make everyday bakes incredible with our on-trend flavours that'll have everyone asking for the recipe



*Cover
recipe*

Blackberry &
blonde chocolate
traybake p56





71p
per serve

THE TREND: BLONDE CHOCOLATE

BLACKBERRY & BLONDE CHOCOLATE TRAYBAKE

Serves 12 freeze

buttercream and
sponge separately

Takes 1 hr 15 mins plus
cooling

Cost per serve 71p

200g baking spread, plus
extra for greasing
350g blackberries, large
ones halved

225g self-raising flour,

plus 1 tsp

200g light soft brown
sugar

4 medium eggs

1 tsp baking powder

3 tbsp milk

rosemary sprigs, to serve
(optional)

*For the blonde chocolate
buttercream*

100g white chocolate,
finely chopped

115g unsalted butter,
softened

115g icing sugar

1 Preheat the oven to gas 4, 180°C, fan 160°C, and grease and line a 20cm square cake tin. Toss 225g blackberries with 1 tsp flour; set aside.

2 In a mixing bowl, beat the spread and sugar until pale and fluffy. Beat in the eggs, one at a time; add 1 tbsp flour with each. Gently fold in the remaining flour, the baking powder and a pinch of salt until no white streaks remain; stir in the milk.

3 Stir through the floured blackberries, then tip into the prepared tin and bake for 50 mins until a skewer inserted in the centre comes out clean. Leave to cool in the tin for 20 mins, then transfer to a wire rack to cool completely.

4 Meanwhile, put the chocolate in a heatproof bowl and microwave for 1 min*, then stir well.

Return to the microwave in 20-sec bursts, stirring very well in between, until thick and golden – this will take 5-9 mins. It will be very hot and start to become a little grainy, but will become smooth again when stirred. Leave to cool slightly.

5 Use an electric whisk to cream the butter and icing sugar until light and fluffy, then beat in the melted chocolate. Spread over the cooled sponge. 6 Mash 50g blackberries in a bowl with a fork, then spoon over the buttercream and use a cocktail stick to swirl together. Top with the rosemary sprigs, if using, and the remaining blackberries. Will keep for up to 3 days in an airtight container.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1845kJ 442kcal	26g	11g	32g	0.6g
22%	37%	53%	36%	10%



of the reference intake. See page 9.
Carbohydrate 47g Protein 6g Fibre 2g

*Timings correct for an 800W microwave



THE TREND: SALTED HONEY

SALTED HONEY TREACLE TART

Serves 12   freeze
uncooked pastry only
Takes 1 hr 20 mins plus
chilling

Cost per serve 29p

CLEVER SWAP Cheat
it with ready-rolled
shortcrust pastry.
Make it dairy-free by
swapping the butter for
a dairy-free block. No
baking beans? Use rice
or dried beans.

220g plain flour, plus
extra for dusting
1 tsp caster sugar
160g cold unsalted
butter, diced, plus
extra for greasing
cream or ice cream,
to serve (optional)

For the filling

250g set honey
215g golden syrup
30g treacle
200g fresh breadcrumbs
1 lemon, zested and
juiced
1 tsp ground ginger
1 tsp flaky sea salt, plus
extra to serve

1 Mix the flour and sugar in a bowl with a pinch of salt. Rub in the butter with your fingertips until sandy and resembling breadcrumbs. Use a cutlery knife to stir in 2-3 tbsp cold water to bring the mixture into a dough, then shape into a disc and wrap in clingfilm. Chill for at least 20 mins.

2 Meanwhile, heat the honey, syrup and treacle in a pan over a low heat until melted. Remove from the heat and stir in the rest of the filling ingredients; set aside to cool and thicken.

3 Preheat the oven to gas 5, 190°C, fan 170°C and grease a 23cm fluted tart tin. Roll out the pastry on a lightly floured surface to 3mm thick, then put in the tin, pressing into the corners and sides. Leave 3cm

of excess pastry overhanging; trim the rest.

4 Prick the base all over with a fork. Line with baking paper and fill with baking beans. Bake for 15 mins, then remove the paper and beans and bake for 10-15 mins until pale golden and sandy. Use a sharp knife to trim the overhanging pastry.

5 Spoon the honey mixture into the pastry, spreading evenly but not pressing down. Bake for 30 mins or until golden and crusty. Scatter with a pinch of sea salt. Serve with cream or ice cream, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1076kJ 255kcal	6g	4g	32g	0.8g
13%	9%	20%	36%	13%

of the reference intake. See page 9.
Carbohydrate 46g Protein 3g Fibre 1g

29p
per serve

Make use of stale bread



30p

per cookie



GREAT VALUE

Make up a batch of cookies and keep them in the freezer. You can bake them from frozen (see the recipe, p60) when you fancy one.

Tahini
chocolate
chunk
cookies p60

Why not try?

Swap the lemon in this recipe for orange, which also works brilliantly with brown butter and thyme. Use 2 oranges instead of lemons.

39p
per serve



Brown butter,
lemon & thyme
drizzle cake
p60

Brown butter for wow-factor flavour





THE TREND: BROWN BUTTER

BROWN BUTTER, LEMON & THYME DRIZZLE CAKE

Serves 10 freeze un-iced cake

Takes 1 hr 10 mins plus cooling

Cost per serve 39p

MAKE AHEAD Make the brown butter ahead: keep in the fridge for up to 5 days, or freeze for up to 3 months.

190g unsalted butter, plus extra for greasing
2½ lemons, 2 zested, all juiced (you'll need about 6½ tbsp juice)
200g caster sugar, plus 3 tbsp
3 large eggs
225g self-raising flour
5g thyme sprigs (you need 1 tbsp leaves), plus extra to decorate
90ml milk
50g icing sugar

1 Melt the butter in a pan over a low-medium heat, then heat for 3–5 mins, stirring frequently, until it stops bubbling, smells nutty and goes foamy; remove from the heat. When the foam subsides, the butter should be a deep brown colour. Pour into a bowl and leave to cool, until solid but still soft – you should have 150g.

2 Preheat the oven to gas 4, 180°C, fan 160°C. Grease and line a 900g (2lb) loaf tin. In a mixing bowl, rub half the lemon zest into 200g caster sugar with your fingers. Add the cooled brown butter, then beat with a wooden spoon until pale and fluffy.

3 Beat in the eggs, one at a time (don't worry if it splits a little), then fold in the flour, thyme leaves and a pinch of salt. Pour the juice of 1 lemon into a measuring jug and add enough milk to make it up to 120ml. Stir into the batter. Transfer to the prepared tin and level the top. Bake for 50–60 mins until risen, golden and springy to the touch.

4 Meanwhile, mix the juice of 1 lemon with 3 tbsp sugar. Prick the cake all over with a cocktail stick, then drizzle over the juice mixture. Leave to cool in the tin.
5 To serve, mix the icing sugar with enough lemon juice to make a thick, pourable icing. Drizzle over the cake and scatter with the remaining lemon zest and thyme sprigs. Will keep for up to 3 days in an airtight container.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1450kJ 346kcal	16g	9g	29g	0.3g
17%	22%	45%	33%	6%

of the reference intake. See page 9.
Carbohydrate 46g Protein 5g Fibre 1g

GIVE ME MORE!

Scan this QR code to find more baking inspiration and recipes on Tesco Real Food.



THE TREND: TAHINI

TAHINI CHOCOLATE CHUNK COOKIES

Makes 12 freeze unbaked

Takes 30 mins plus cooling

Cost per cookie 30p

CLEVER SWAP No tahini? Swap for the same amount of peanut butter. The cookies can also be baked from frozen for 15–17 mins until golden.

200g plain flour
¾ tsp baking powder
¾ tsp bicarbonate of soda
½ tsp sea salt flakes, plus extra to sprinkle (optional)
70g dairy-free spread, diced
70g soft light brown sugar
40g caster sugar
150g classic 74% dark chocolate, roughly chopped
70g golden syrup
125g tahini, stirred well

1 Preheat the oven to gas 5, 190°C, fan 170°C and line 2 large baking trays.

2 Mix the flour, baking powder, bicarbonate of soda and sea salt in a bowl. Add the spread and use your fingertips to rub into the flour mix until it resembles coarse breadcrumbs.

3 Stir in the sugars and chocolate. Mix in the syrup, tahini and 2 tsp water to form a smooth dough.

4 Shape the mix into 12 balls and arrange on the baking trays, leaving space for them to expand. Flatten them slightly with the heel of your hand.

5 Bake for 13–15 mins until golden. They'll be quite soft still, but will firm up as they cool. Leave on the tray for 5 mins before transferring to a wire rack to cool completely. Will keep for up to 3 days in an airtight container.

Each cookie contains

Energy	Fat	Saturates	Sugars	Salt
1195kJ 286kcal	15g	5g	17g	0.6g
14%	22%	25%	19%	10%

of the reference intake. See page 9.
Carbohydrate 30g Protein 6g Fibre 3g

HOW TO USE BROWN BUTTER IN ANY RECIPE

When butter is browned, the water in it evaporates, so you'll need to melt slightly more butter than you plan to use. As a rule of thumb, per 125g butter melted you will lose about 25g, so scale up your recipe accordingly.

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Sunny Sundays

Summer may be ending but you can hold on to those holiday vibes with this light and easy veg-packed roast



GREAT VALUE

Use up any seasonal veg you have. Aubergine and peppers work well too.



HARISSA ROAST CHICKEN WITH BLISTERED SUMMER VEG

Serves 6 **DF** **GF**

Takes 1 hr 35 mins plus resting

Cost per serve £2.40

- 3 tbsp harissa paste
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- 1.5kg whole chicken
- 2 red onions, each cut into 6 wedges
- 2 x 250g cherry tomatoes on the vine
- 750g baby new potatoes, scrubbed, any large ones halved
- 2 lemons, 1 cut into wedges, 1 zested
- 3 courgettes, cut into 2cm slices
- 4 mint sprigs, leaves picked

1 Preheat the oven to gas 5, 200°C, fan 180°C.

Mix 2 tbsp harissa paste, the vinegar and oil together in the bottom of a large roasting tin; season with black pepper. Rub the chicken all over with the marinade.

2 Add the onions, tomatoes on the vine, potatoes and lemon wedges to the tin around the chicken, turning in the marinade.

3 Roast the chicken for 1 hr, basting a couple of times. Add the courgettes to the tin, tossing in the juices, then roast for another 18 mins. Brush the final 1 tbsp harissa over the chicken skin and return to the oven for 2 mins or until the juices run clear when a skewer is inserted into the thickest part of the leg, and the veg is golden.

4 Leave the chicken to rest for at least 20 mins, then squeeze over the roasted lemon wedges. Scatter over the mint leaves and lemon zest before carving.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2315kJ 553kcal	30g	8g	9g	0.9g
28%	43%	39%	10%	14%

of the reference intake. See page 9.
Carbohydrate 27g Protein 42g Fibre 5g

Add harissa for instant flavour

Easy yet impressive side

87p
per serve

CHARRED SUMMER GREENS

Serves 6 **V** **GF**

Takes 20 mins

Cost per serve 87p

220g pack green beans, trimmed
2 x 180g packs stringless beans (or runner beans), trimmed and sliced
2-pack Little Gem lettuces, washed and quartered
50g unsalted butter
1 lemon, juiced
30g whole almonds, toasted and chopped

1 Blanch all the beans in a pan of simmering water for 2 mins over a medium-high heat. Drain and set aside.

2 Heat a large frying pan over a medium-high heat. Char the quartered lettuces for 5-6 mins, turning until all sides are charred. Transfer to a large platter.

3 Add the blanched beans to the dry frying pan in batches for 3-4 mins, tossing regularly, until charred and tender. Add to the platter with the lettuce.

4 Remove the hot pan from the heat and add the butter and lemon juice. Swirl together until melted, then add the chopped almonds; season. Pour the nutty butter over the charred greens to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
521kJ 126kcal	10g	5g	3g	0.1g
6%	14%	23%	4%	1%

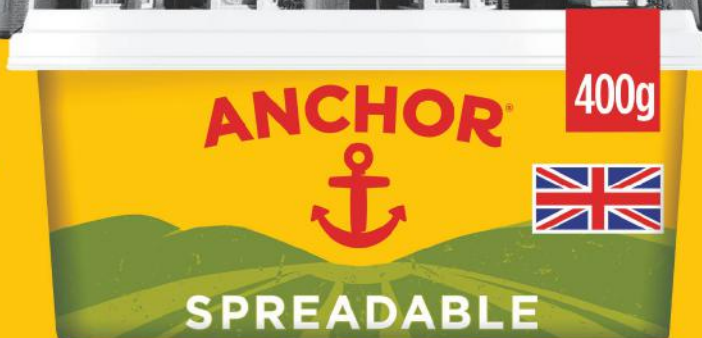
of the reference intake. See page 9.
Carbohydrate 4g Protein 3g Fibre 4g
1 of your 5-a-day; high in fibre; low in salt; source of folate

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92p
per serve

THYME & FETA ROASTED CARROTS

Serves 6  

Takes 30 mins

Cost per serve 92p

3 x 150g packs
tendersweet carrots,
scrubbed
2 tbsp olive oil
5g thyme sprigs, leaves
picked
100g feta
1 lemon, zested

1 Preheat the oven to gas 5, 200°C, fan 180°C. Put the carrots in a large roasting tin, toss with 1 tbsp oil, season lightly and arrange in a single layer. Roast for 25 mins until tender and golden.

2 Scatter over the thyme leaves, toss to coat, then return to the oven for 2 mins. Tip out onto a serving platter and crumble over the feta. Scatter with the lemon zest and drizzle with the remaining 1 tbsp oil to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
491kJ 118kcal	9g	4g	4g	0.5g
6%	13%	18%	5%	8%

of the reference intake. See page 9.
Carbohydrate 5g Protein 3g Fibre 1.9g
High in vitamin A; source of fibre

DRINK MATCH



This ripe and refreshing **Tesco Finest Pecorino, £7***, has flavours of grapefruit and juicy peach. It pairs well with roast chicken.

*Price excludes Scotland and Wales

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It's never too early to start getting ready for the big event. Reap the rewards with these money-saving tips

SET YOUR FESTIVE EXPECTATIONS

Having a realistic spending limit for Christmas and chatting this through with friends and family now can help ease pressure and manage everyone's expectations. It's easier to get creative with gift and food ideas once there is a budget and a bit of time to work with. Check out our purse-friendly foodie gift ideas in the panel on the right.

SAVE WITH CLUBCARD CHRISTMAS SAVERS

Did you know you can save the Clubcard vouchers you earn through the year to use towards your Christmas shop? You can even top up your account in store with cash up to £360 and get a £12 bonus*. To join for 2023, sign into your Clubcard account before 18 October and become a Clubcard Christmas Saver via the 'vouchers scheme' page.

GET THE MOST FROM OFFERS AND STOCK UP

If you're a Clubcard member, start looking out for Clubcard Prices on anything that could make a good gift and buy now

to put aside for Christmas (if you can find space – and keep the stash a secret!).

Look out, too, for festive foods and helpful ingredients that have a long shelf life. Adding an item here and there to your basket every time you shop will help spread the cost of your Christmas food shop.

UPDATE YOUR KITCHEN KIT

Take a little stress out of cooking Christmas dinner by making sure your pans and knives are up to the task. Check out the Go Cook range, p52, for nonstick pans and cookware you can trust not to let you down – and have fun practising your roasts with them now.

PLAN MENUS ONLINE

Make Tesco Real Food your go-to website to find recipes you can cook now and pop in your freezer for later. This will not only help to spread costs, but also ease pressure as the Big Day looms. Find freeze-ahead recipes for Christmas favourites on Tesco Real Food at [tesco.co/festivefreeze](https://tesco.co.uk/festivefreeze).

EASY EDIBLE GIFTS TO MAKE NOW

1. CHUTNEY

Upcycle a sterilised jam jar with ribbon and a homemade label for a personal touch. Use up seasonal fruit and veg to save even more – try tomato and chilli, or a spiced plum and ginger. A bright, butternut squash chutney is perfect to pair with crackers and Stilton.

2. FESTIVE HERBS

Use fresh herbs you have growing, such as rosemary, parsley and thyme, to make herb butters. Chop the herbs, mix with chopped butter and roll in baking paper, then tie at the ends with kitchen string for a fab farmshop look. Freeze until needed.

3. PICKLES

From pickled red cabbage and cucumber to pickled Chinese vegetables, you can make and giftwrap these individually or pack in a box of three. Do keep a jar or two for yourself to enjoy with your Boxing Day ham and festive leftovers!

GIVE ME MORE!

Scan this QR code to find more recipes for edible gifts, on Tesco Real Food.



More tips next month

Look out for more Christmas planning and saving ideas in the October issue of Tesco magazine.

DRESS TO IMPRESS

Filippo Berio Balsamic Vinegar makes delicious salad dressings & marinades, which make for a delicious summer.

Scan to try our
Balsamic Marinade
with Honey and
Mustard recipe.



Filippo Berio

His signature. Our promise.

Regular price: £3.25 / Clubcard price: £2.00
Clubcard price valid 09/08/2023 - 05/09/2023
Clubcard / app required. While stocks last. Available in the majority of stores.

Available at **TESCO**

Go organic

Choosing organic foods doesn't have to cost the earth – but it can help the planet

SPICED LENTILS & RICE (KITCHARI)

Serves 4    

freeze without broccoli

Takes 40 mins

Cost per serve £1.54

2 tbsp sunflower oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tsp each turmeric and ground cumin
½ tsp ground coriander
1 tsp mustard seeds
250g red lentils
160g organic easy-cook long-grain rice

2 organic carrots, scrubbed and grated
1 vegetable stock pot, made up to 1ltr
200g pack organic Tenderstem broccoli
1 lemon, zested, ½ juiced, ½ cut into wedges to serve
100g organic spinach
10g fresh coriander, chopped, plus leaves to garnish
natural yogurt and naan, to serve (optional)

1 Heat the oil in a large, lidded saucepan over a medium heat and fry the onion for 5 mins or until softened. Add the garlic, cook for 1 min, then stir in the spices and cook for 1-2 mins until fragrant.

2 Rinse the lentils and rice in a colander until the water runs clear. Add to the pan with the carrots and stock. Bring to a simmer, cover and cook on medium-low for 20 mins or until the lentils are cooked, stirring occasionally to stop the rice from sticking.

3 Meanwhile, heat a griddle pan over a high heat. Griddle the broccoli for 4-6 mins, turning halfway, until charred and tender. Transfer to a bowl and toss with the lemon zest and juice. Set aside.

4 Remove the kitchari from the heat and stir in the spinach; set aside for 5 mins. You can add a little water for a looser curry, then stir in most of the coriander. Scatter with the extra coriander and serve with the lemon wedges, yogurt and naan, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2102kJ 500kcal	10g	2g	9g	1.1g
25%	15%	8%	10%	18%

of the reference intake. See page 9.
Carbohydrate 70g Protein 23g Fibre 17g
1 of your 5-a-day; high in fibre; low in fat

TESCO
ORGANIC

£1.54

per serve

Make a batch to freeze

WHY TRY ORGANIC?

Better for the planet

Did you know organic soil stores twice as much water as non-organic? Organic farms also tend to have lower emissions, helping to mitigate climate change*.

use of fungicides and insecticides, plus no weedkillers, means plants, birds and insects are 50% more abundant*.

It's better for bees

On average there are up to 75% more wild bees on organic farms. Restricted

Better for you

Organic ingredients are 'closer to nature' and you'll always know what's in your food. Look out in store for more organic ingredients.



Organic
Carrots 700g,
£1.10 (16p/100g)



Organic
Tenderstem
Broccoli
200g, £2.50
(£1.25/100g)

Too good to waste

Thrifty tips to save money and reduce waste

USE IT UP

Speedy ideas for leftover ingredients from recipes in this issue

SPINACH, p42 Add a handful to almost any dish like pasta, curry, stir-fry, salad, and in sandwiches. It works for breakfast too. Blend into pancake batter or add some to a banana smoothie – it won't change the taste too much but will add nutrients.

EGGS, p19 These will last longer if you keep them in the fridge. They can also be frozen – beat, pour into a muffin tin, then freeze. Remember to thaw in the fridge before scrambling or adding to bakes.

SOY SAUCE, p48 Use as a base for salad dressings – add one

tablespoon of soy sauce per tablespoon of oil, then add acidity with lemon or vinegar and any spices. You can even make a speedy satay sauce by mixing soy sauce with honey, lime juice and peanut butter.

THAI GREEN CURRY PASTE, p34

Once opened, eat within one week. Mix a little paste with mayonnaise to wake up sandwich or toastie fillings. Or mix with coconut milk and lime and use as a marinade for meat or seafood before grilling.

SHORTCRUST PASTRY, p57

Leftover raw pastry can be frozen. Use it for a sweet or savoury galette to finish up summer tomatoes or berries, or make classic jam tarts.

PEARL BARLEY, p32

This storecupboard star will last in a cool, dark place for up to a year. Use it to bulk out stews and casseroles or in place of arborio rice in risottos. For more tips, head to p44.

COOKED BEETROOT, p19

Blend into a purée and add to chocolate cakes or brownies, to add moisture without changing the flavour.



Love houmous? Make a quick version for crudités by blitzing together beetroot, crème fraîche and lemon juice.

PARMESAN, p28 Grate into scrambled eggs for extra creaminess. Don't bin the rinds – freeze and stir into dishes like soup or risotto (right) for extra flavour.



FRIDGE-RAID FEASTS

Top tips for using up ingredients to create a risotto

HOW TO...

organise your fridge

A well-ordered fridge can make returning to routine easier, as well as help to reduce food waste.

WHAT GOES WHERE

The temperature is the least stable in the fridge door, so storing milk there may make it spoil quicker. Instead, store juices, condiments and salad dressings in the door, and pop your milk and other dairy on the middle shelf*. Keep dips or cooked meat on the top shelf and raw meat or fish on the bottom. The veg drawer can extend the lives of produce and herbs, and it stops veg freezing onto the back of the fridge.

IN OR OUT?

Not everything needs to go in the fridge. Keep tomatoes, bread, garlic, hard avocados and basil in a cool, dark cupboard to save space and help them actually last longer.

ON ROTATION

Mystery storage boxes in the fridge? Labelling food and leftovers can help you remember what you have and when it needs to be eaten. Rotate food every week, or before you do a big shop, bringing all the older items forward. Or create an 'eat next' section for food that's approaching its use-by date.

GIVE ME MORE!

Scan this QR code to find more ideas for reducing food waste on Tesco Real Food.



1 Got a bottle of wine that's been open a little too long? Add a splash to risotto to cut through the creamy richness.

2 Any leftover roast veg will work in a risotto. Think courgette, tomatoes, carrots, garlic, onion or squash. Try mashing squash into a purée to stir into the rice.

3 Add extra oomph with a tin of soup or chopped tomatoes; just reduce the amount of stock used to prevent it becoming too watery.

4 Use up jars taking up fridge space like pesto, sundried tomatoes or artichokes, or try adding miso paste to mushroom risotto for an umami kick.

5 Turn leftover risotto into arancini by rolling into balls, coating with breadcrumbs and frying. Or use it to stuff peppers, top with cheese and bake.



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(Please fill out in block capitals)

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A stronger start

Those blue tokens you pick up in store are all part of Tesco Stronger Starts – use them to vote and help children thrive

One of the best things about being little is having a big imagination. But it's hard to dream when your tummy is rumbling and you can't get moving. Almost half (43%) of parents worry that their child might not achieve their full potential*. But with your help, we can help make sure that they do.

Through this scheme, schools and children's groups can receive up to £1,500 to spend on healthy food and activities

It all starts with a little blue token. Tesco Community Grants have been running since 2016 – you may have taken a blue token and used it to vote for a local community project. Now this programme is being replaced with Tesco Stronger Starts: a £5 million grant programme, in partnership with Groundwork UK. Through this scheme, schools and children's groups can receive a grant of up to

£1,500 to spend on healthy food and activities to nourish their bodies and minds. Imagine how many big ideas that funding could inspire.

Every vote counts

Voting couldn't be easier. You can pick up tokens from a box near the self-checkouts or Scan As You Shop service as you finish your shop. If you can't find them, ask a colleague. Then head to the Tesco Stronger Starts unit as you leave the store and use your tokens to vote for the local school or children's group you would like to help.

So get voting – and keep your eyes peeled for when new groups are added every three months. Together we can help children across the UK get a stronger start in life.

Just for fun, we hid 14 blue tokens within this issue – did you find them all?



TESCO
Every little helps



**PROUDLY
CHAMPIONING
MENS HEALTH**



IN PARTNERSHIP WITH

**PROSTATE
CANCER UK**



**FIND OUT MORE
ABOUT THE
PARTNERSHIP**



SCAN FOR MORE
INFORMATION & SUPPORT
www.prostatecanceruk.org

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332).

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Available in the majority of larger stores.

GIVE A LITTLE

Your small change really can make a big difference. Here's how Tesco is making it easier for you to support its health charity partners



We are grateful to Tesco for hosting another round-up-at-till to support Cancer Research UK, British Heart Foundation and Diabetes UK. And thanks to everyone who rounded up their shop to the nearest £1 – every penny makes a difference

Caro Evans Director of partnerships,
Cancer Research UK

We would all love a world free from the fear of cancer, heart and circulatory disease and type 2 diabetes. That's a big reason why, in 2018, Tesco first partnered with the UK's leading health charities (British Heart Foundation, Cancer Research UK and Diabetes UK), with the aim of helping to improve the health of millions of people through education and fundraising.

YOUR SUPPORT IS NEEDED

Since 2018, the partnership has raised over £25 million to support the lifesaving research driven by these three charities. But we want to

drive progress further, faster to reduce the impact of cancer, diabetes and heart and circulatory diseases. Your donations can help fund more of our health charity partners' vital work.

Times are tough and not many of us have spare cash to give, but even 10p, or a little more here and there, collectively makes a huge difference. You can donate conveniently and simply every time you shop at Tesco.

YOUR SUPPORT MATTERS

It has never been simpler to donate to the Tesco Health Charity Partners...

IN STORE

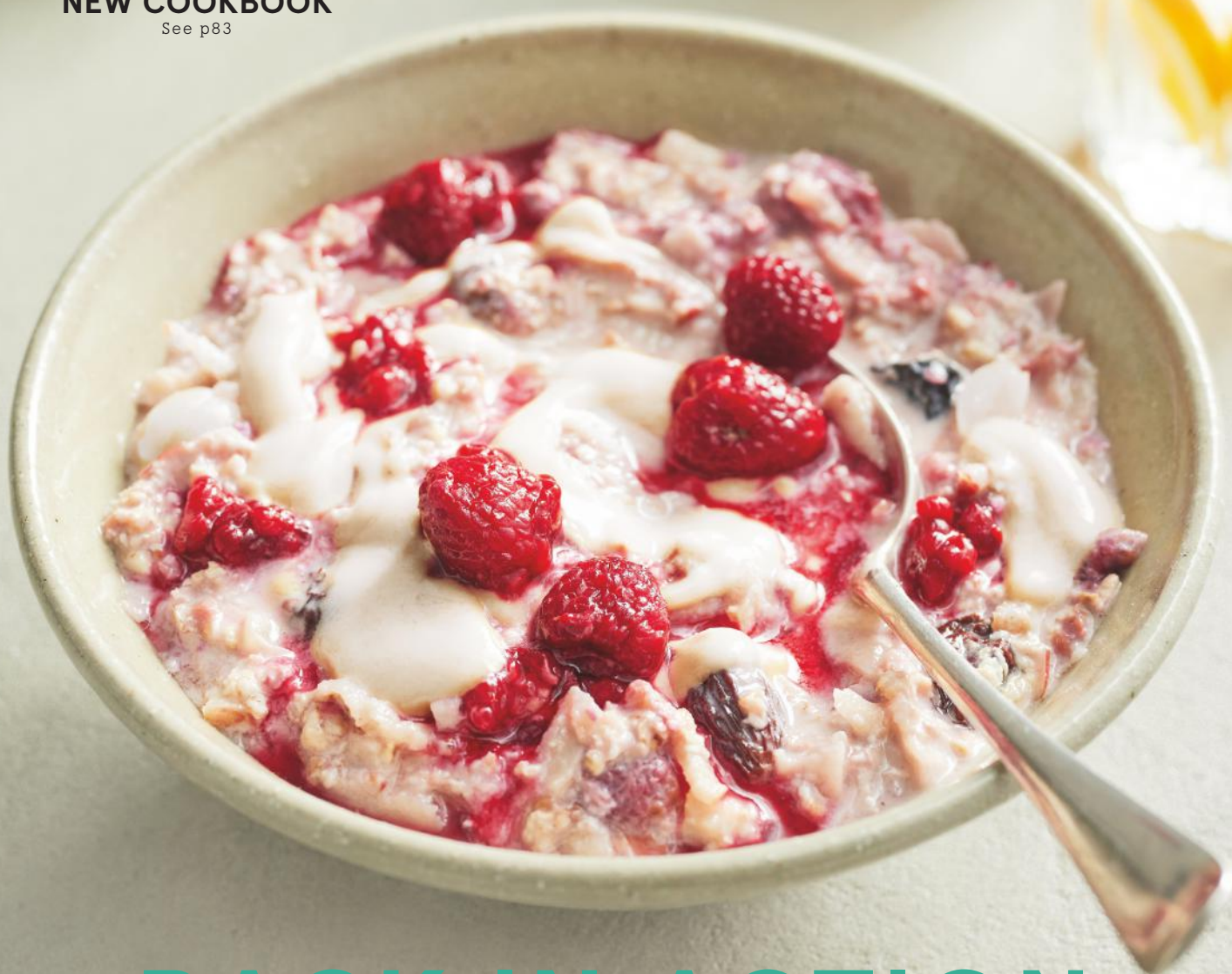
Between 11 and 24 September, Tesco will prompt you to round up your shop to the nearest £1 at self-service checkouts and when shopping online.

DONATE WITH YOUR CLUBCARD VOUCHERS
Visit tesco.co/donate-to-charity for details.

Helping you to live healthier



WIN
JAMIE'S
NEW COOKBOOK
See p83



BACK IN ACTION

♥ JAMIE OLIVER

Now the kids are back at school, Jamie Oliver is here with recipes to make your life that much easier – and they're great value too



After five kids, I know the chaos that kicks off once they go back to school. So anything I can do to make life a little easier – I'm on it.

My beautiful PBJ overnight oats are not only a joy to eat, they're also a brilliant way to get protein and fruit into kids at breakfast time. My Family-friendly curry sauce is perfect for young tastebuds: it's just humming with spice and you can easily adjust the heat to suit your family's tastes. Batch it up and pop it in the freezer for those busy evenings, then team it with whatever protein you fancy – it's a term-time essential. Finally, I've given you the tastiest recipe that heroes the humble Savoy cabbage: a cheesy pasta bake, and not an overcooked leaf in sight! Go on, give it a try.

The curry sauce is a Better Baskets recipe, helping you make better choices about the food you eat, at great prices – even when times are tight. Look out for the Better Baskets stamp.

GIVE ME MORE!

Scan this QR code to find lots of Jamie's recipes on Tesco Real Food.



'Back to school means getting organised, and this super-easy, make-ahead breakfast is where it's at. Kids will love the familiar flavours of peanut butter and jam, but it can totally flex with what you've got. A brilliant way to get in some protein and fruit at breakfast time'

PBJ OVERNIGHT OATS

WITH PEANUT BUTTER & BERRIES

Serves 6

Takes 15 mins plus overnight soaking

Cost per serve 76p

300g rolled oats (gluten-free, if you like)

100g peanut & raisin mix

350g frozen raspberries, blueberries or strawberries

3 eating apples

1ltr semi-skimmed milk (or plant-based alternative)

2 heaped tbsp peanut butter

clear honey, to taste

6 tbsp Greek-style yogurt (or plant-based alternative), to serve

1 The night before, put the oats, peanut & raisin mix and most of the frozen fruit (keeping 2 handfuls to defrost in a small bowl) in a lidded container or large bowl. Coarsely grate in the apples, discarding the cores and stalks. Pour over the milk, mix well, then cover and leave in the fridge overnight.

2 In the morning, loosen the peanut butter with a splash of boiling water, then stir in the honey and yogurt. Transfer the oats to bowls or portable containers. Drizzle with the peanut butter mix and top with the reserved fruit.0

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1931kJ 458kcal	17.5g	5.7g	25.3g	0.3g
23%	25%	29%	28%	5%

of the reference intake. See page 9. Carbohydrate 61.5g Protein 17.7g Fibre 4.6g 1 of your 5-a-day; very low in salt and high in manganese, which supports the maintenance of normal bones

JAMIE'S TOO GOOD TO WASTE

Use up leftover yogurt to make a minty dip that kids can dunk chopped veg into for a quick after-school snack. Simply mix the yogurt with finely chopped fresh mint (or a pinch of dried), finely grated garlic and a squeeze of lemon juice. Season with a pinch of pepper and serve with carrot, red pepper, cucumber – whatever the little ones fancy.





Did you know?

This recipe contains 2 of your 5-a-day and comes in at just 45p a portion!

'This super-versatile, easy-to-make sauce is a back-to-school saviour. Batch it up and pop it in the freezer for those busy midweek evenings'

FAMILY-FRIENDLY CURRY SAUCE

CHICKPEAS, COCONUT MILK, MANGO CHUTNEY

Serves 12    

Takes 1 hr 15 mins

Cost per serve 45p

4 onions (about 400g)
4 carrots (about 400g)
olive oil
4 garlic cloves
5cm piece of ginger
2 heaped tbsp masala
spice paste (or a curry
paste of your choice)
2 x 400g tins quality plum
tomatoes
2 x 400g tins chickpeas
2 heaped tbsp mango
chutney
2 x 400g tins light
coconut milk

1 Peel and roughly chop the onions, and trim and roughly chop the carrots. Place your biggest saucepan on a medium heat and drizzle in 2 tbsp olive oil. Add the chopped vegetables and sweat down for 15-20 mins or until soft and sweet.

2 Peel then finely grate the garlic and ginger into the pan; season with sea salt and black pepper. Stir in the curry paste and cook for a further 5 mins. Add the tomatoes, breaking them up with a potato masher or the back of a wooden spoon, then half-fill the tins with water and tip into the pan. Add the chickpeas (juice and all), dollop in the mango chutney, then simmer on a medium heat for 30 mins or until thickened.

3 Pour in the coconut milk and swirl it through the sauce, simmer for 2 mins, then season and take off the heat. If you like a silky-smooth sauce, carefully blitz with a stick blender; if you prefer it slightly textured, only blitz half.

4 Leave to cool completely, then batch up in reusable freezer bags and freeze flat (to make them super-quick to defrost). Use for a speedy curry with chicken, fish, tofu or chunky veg – or just serve the sauce as it is with steamed rice and flatbreads.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
748kJ 178kcal	8.3g	4.1g	11.6g	0.3g
9%	12%	21%	13%	5%

of the reference intake. See page 9.
Carbohydrate 21.3g Protein 5.1g Fibre 5.3g
2 of your 5-a-day and high in vitamin A, which supports the maintenance of normal skin

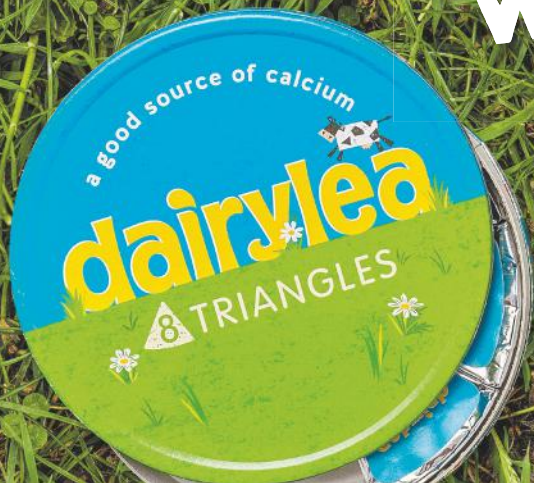
Better
Baskets

JAMIE'S TOO GOOD TO WASTE

Mango chutney is also delicious in marinades for chicken, pork or fish. I love it in a cheese toastie or a breakfast egg sandwich – try it!



set
them free
with dairylea



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Oxy Solar

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FUEL THEIR GOALS



Weetabix is an official partner of the Football Associations

*Iron contributes to normal energy yielding metabolism as part of a healthy diet and lifestyle.



Try this
recipe from
Jamie's book

'I love this quick, simple one-pan dish with a passion – it's a crowd-pleaser, bringing Italy and Provence together. Purists may judge the frozen veg base hack, but they're missing out!'

ROGUE RATATOUILLE RISOTTO

GRILLED MEDITERRANEAN VEG, FRAGRANT BASIL & TANGY GOAT'S CHEESE

Serves 4

Takes 35 mins

Cost per serve £1.66

700g pack frozen
Mediterranean-style
roasting vegetables
300g risotto rice
1.2ltrs chicken or
vegetable stock
30g pack fresh basil
100g goat's cheese

1 Tip the frozen veg into a large, deep pan on a medium-high heat with 2 tbsp olive oil. Cook for 10 mins or until soft, stirring regularly, then remove half to a bowl.

2 Add the rice to the pan and stir for 2 mins. Add a good splash of hot stock and wait until it's been fully absorbed before adding another. Repeat, stirring constantly, for 16–18 mins or until the rice is perfectly cooked, adding extra splashes of water, if needed.

3 Pick and finely slice most of the basil leaves and stir into the pan with the reserved veg, most of the goat's cheese and 1 tbsp extra virgin olive oil; season. Adjust the consistency with a splash of boiling kettle water, if needed, so it's nice and oozy.

4 Divide between plates, then scatter over the remaining basil leaves and goat's cheese to finish.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2552kJ 610kcal	17.3g	5.4g	17.6g	0.6g
31%	25%	27%	20%	10%

of the reference intake. See page 9.
Carbohydrate 92.5g Protein 21g Fibre 8.6g
2 of your 5-a-day; low in saturated fat and salt

'I am super-excited to share with you this brilliant, flavour-packed recipe from my new book, *5 Ingredients Mediterranean*. I've taken the original *5 Ingredients* concept and given it a delicious twist, creating more than 125 easy recipes that take inspo from my travels around the Med. Using just 5 beautiful ingredients, you can cook up these amazing recipes with minimal fuss. I hope you love it!'



WIN

**JAMIE'S NEW
5 INGREDIENTS
MEDITERRANEAN!**

Jamie's new cookbook, *5 Ingredients Mediterranean*, is out now, and one of you could get your hands on a signed copy (plus an online Jamie Oliver Cookery School voucher, worth £29)! Just share a photo of a Jamie recipe you've cooked from tesco.com/jamieoliver on Instagram with #TescoAndJamie and #TescoJamieChallenge. Opens 00.01 on 23 August 2023. Closes 23.55 on 3 October 2023. UK only, 18+. For full terms and conditions, visit tesco.com/tescojamiechallenge.

GIVE IT A GO

‘I want to give you some inspiration for getting even more veg into your meals, whether that’s trying something new, or exploring different flavours. Starting off with the humble Savoy cabbage – go on, give this delicious recipe a go...’



Did you know?

This recipe contains 2 of your 5-a-day and comes in at just 66p a portion!



‘This veg-packed pasta bake heroes affordable Savoy cabbage, uses up leftover bread, and will have the kids coming back for more – and at less than £1 a portion, it shows that eating well doesn’t have to cost you more’

ONE-PAN GREENS PASTA BAKE

WITH A GARLICKY CRUMB TOPPING

Serves 8

Takes 1 hr

Cost per serve 66p

4 garlic cloves
100g stale bread
1 bunch spring onions (100g)
1 Savoy cabbage
2 tbsp plain flour
1.2ltrs milk
2 heaped tsp English mustard
150g Cheddar
400g frozen spinach
500g dried pasta

1 Peel and finely slice 2 cloves of garlic and put in the bowl of a food processor. Tear in the bread and blitz until you have fine crumbs, then mix in a little olive oil, season with sea salt and black pepper and set aside.
2 Preheat the oven to gas 4, 180°C, fan 160°C. Peel and finely slice the remaining garlic, trim and finely slice the spring onions, and finely slice the cabbage leaves, discarding any tough stalky bits.
3 Drizzle 1 tbsp olive oil into a large shallow casserole pan over a medium heat and add the garlic. When it’s just starting to colour, stir in the spring onions and cabbage with a splash of water; season. Cook for 5 mins until softened.
4 Stir in the flour and cook for 2–3 mins, then gradually pour in the milk, stirring constantly. Bring

to a simmer, then stir in the mustard and grate in most of the cheese. Once it’s thickened, add the spinach and pasta with 600ml boiling water, and stir well until every piece of the pasta is coated. Bring to the boil, then simmer for 2–3 mins.
5 Sprinkle over the garlic breadcrumbs, grate over the remaining cheese and bake for 30–40 mins until the pasta is tender and the sauce is bubbling at the edges. Delicious with a crisp green salad.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1957kJ 463kcal	12.4g	6.0g	10.8g	1.0g
23%	18%	30%	12%	17%

of the reference intake. See page 9.
Carbohydrate 71.8g Protein 21.2g Fibre 3.6g
2 of your 5-a-day and high in folic acid, which supports the reduction of tiredness and fatigue



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New



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10 PORK CHIPOLATAS

TRADITIONAL PORK CHIPOLATAS MADE
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Available in the majority of larger stores

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New approach

Brush up on your oral routine with new products expertly designed to help care for gums and teeth

Strong teeth

With twice-daily brushing, new **Corsodyl Active Gum Repair Freshmint Toothpaste 75ml, £5.50** (£7.33/100ml), is clinically proven to help bleeding, swollen and inflamed gums repair by removing plaque*. Brush in circular motions, tilting your toothbrush downwards at a 45-degree angle to clean the line where your gum meets the tooth. ↷

Naturally white

Wish you could help restore your teeth's natural whiteness? Switch to new **Corsodyl Active**

Gum Repair Whitening Toothpaste 75ml, £5.50 (£7.33/100ml), as the first step. It also has a formula that's clinically proven to remove plaque bacteria, enabling gums to actively repair**.



Did you know?

If your gums bleed when you brush, it may be an early sign of gum disease. Don't ignore it; seek advice from your dentist.

SIMPLE TIPS

Change your toothbrush every three months, or when the bristles look worn and splayed.

When brushing, pay particular attention to your gum line – give it a good clean as part of your daily routine!

Always use floss or interdental brushes to clean the gaps between your teeth that your toothbrush can't reach.

Perfect partner

In addition, try new **Corsodyl Active Gum Health Mouthwash 500ml, £5.50** (£1.10/100ml). It actively targets three times more plaque bacteria that may cause gum problems*** and creates a protective shield to help prevent plaque regrowth.




IF YOU MAKE ONE CHANGE...

...Eat more veg

We're often reminded to eat our 5-a-day, but how can you make it easier to squeeze in those all-important greens? And what are the benefits – for you, your wallet and the planet?



Plant Chef 4 Veg Burgers 454g  **£2.05** (45p/100g)**, are better for the planet than Tesco frozen beef burgers, helping you reduce your carbon footprint.



Eating more veg can be easier

when you add it to your fave meals. Go for veggie burgers, loaded with roasted peppers, tomatoes, onion and spinach. Love sausage and mash? Pick plant-based bangers and switch some potato for swede. Why not try adding mushrooms to your omelette?

Swapping in veg can save you money too.

Try replacing ready-made chips for batons of roast carrot or sweet potato (you'll also boost your B vitamins*). Bulking out dinners will also stretch meals. Stir leafy greens into curries, beans into Bolognese, and sweet potato into your chilli.

Frozen or tinned varieties are just as good for you. Add peas to pie fillings or tinned broad beans to stir-fries – both are great sources of fibre and will help keep your gut healthy*.

At Tesco, Better Baskets is an easy way of helping you make better choices with the food you buy and the meals you make.

The Tesco Plant Chef Veg Burgers are plant-based and good for you**. Add veg like lettuce and tomatoes for a midweek meal or barbecue alternative.



Spotlight on...

Children's anxiety

The start of a new school year can be worrying for children. We asked an expert how to spot the signs of common childhood anxieties and support kids



DR EMMA SVANBERG
is a clinical psychologist and author of *Parenting for Humans* (@mumologist)

Right now, there's a lot going on for young people. From coping with the aftermath of the pandemic – it's estimated that 1.5 million under-18s in England will need mental health support as a direct result* – to navigating the pressures of social media, it's not hard to see how mental health issues are on the rise**.

Couple this with starting a new school year, or moving up to secondary or college, and even children who have never shown signs of anxiety before might start to feel some pressure. With new teachers, assessments, commutes and friendship groups, this next step can feel daunting rather than like a new adventure.

Nerves are normal and often pass, but sometimes they need a little help to be unravelled. We asked Emma about what anxiety can look like in children, and how we can support them during this month of transitions.





Share a story about a transition you went through yourself and talk simply about the feelings you had

Dr Emma Svanberg

Spot the signs

'Children can manifest anxiety in ways that don't always make sense to us,' says Emma, especially if we struggle to spot our own signs. It can look like worrying, telling you that bad things are going to happen or saying 'no' more, especially to activities they used to enjoy. But they won't always use words – you need to keep your eyes peeled for different behaviours too. 'Look out for changes to sleep or appetite, tummy aches and explosive feelings like angry outbursts or tears,' says Emma. In younger kids, you may notice nightmares or bed-wetting. Older children may find it hard to concentrate, withdraw from their friends or lose confidence***.

Opening up

You may notice symptoms getting more intense in the lead-up to going back to school, or your child may not show any signs at all. Either way, it's good to have a check-in so they can tell you how they're feeling. 'We can be scared of "mental health", but what we're really talking about is feelings,' explains Emma. 'However, if we haven't been brought up to talk about them, it can feel

intimidating.' If you're unsure where to begin, she has some advice: 'People find it hard sometimes to answer direct questions like "How are you feeling about...?"' because they may find this overwhelming and be unsure how to condense their big feelings into little words.' Instead, Emma suggests, 'an easier way in is to share a story about a transition you went through yourself and talk simply about the feelings you had.' This shows your child that you can relate to their experience and see the world through their eyes. Can you tell them about your first day at big school so that they know what to expect?

'Then pause,' says Emma. 'That opens up a space for your child to share their feelings without pressure or expectation.' As for the time and place to take, Emma suggests: 'Conversations about tricky topics can feel easier side by side, such as when preparing a meal together or driving in the car.' This makes them feel more spontaneous and less pressured. Having smaller but regular check-ins may be more useful and less daunting than one big chat, and will allow your child to come to you with any new feelings that arise week by week.

Finding solutions

Often change is scary because it's unknown, so preparing expectations can help reduce surprises. As well as talking, there are practical steps



***Source: centreformentalhealth.org.uk ***Source: digital.nhs.uk ***Source: nhs.uk



you can take to try to reduce back-to-school anxiety. For example, try practising the school commute to boost confidence and get to grips with the timings – after all, no one wants to be late on their first day!

Not everything needs to be new, but a little bit of shopping for, say, a pencil case or lunchbox can make them feel more prepared, and create positive associations with the transition. If there's a particular lesson they're nervous about, perhaps a special notebook will make them more excited for it. Try on uniform to make sure it all fits and to help them visualise their fresh start.

During the first week, plan something to look forward to in the mornings, to make the start of

the day less daunting. This could include playing their favourite music while they are getting ready.

And for you

Sometimes transitions crop up out of the blue, but at least with starting school it's definitive, so you can plan ahead for it. But one person we often forget about is ourselves. 'There'll be an increased demand on you as a parent or caregiver, so see if you can prioritise your own wellbeing, knowing that a transition is on its way,' says Emma. This may look like connecting with other local families to create a support network, especially if your children are heading to the same school, or batch-cooking some meals for the freezer so you can spend less time in the kitchen at the start of the school year.

Emma explains: 'The best way we can support our children's mental health is by prioritising our own.' It sounds counterintuitive, but ultimately it's going to be much harder to support your children if you're struggling yourself. Try to find the time to engage with your own feelings. It doesn't have to take up much time – having a debrief with your partner, journalling, or thinking while in the bath all count.

The hope is that the anxiety will pass, but if it stops feeling manageable at home there are places you can get extra support. 'Speak to a GP or another healthcare professional,' says Emma. 'Many schools also have wellbeing services on offer. Or make use of the many online support communities for parents.' Remember that you're not alone and you can get through this together.

18%

of 7-16-year-olds were thought to face a mental health disorder in 2022*

GET HELP

YoungMinds have online resources ([youngminds.org.uk](https://www.youngminds.org.uk)) for young people, and their parents or carers, as well as a free parents' helpline on 0808 802 5544 (open 9.30am to 4pm, Monday to Friday), which offers confidential mental health support if you're concerned about anyone younger than 25.

Stem4 (stem4.org.uk) has developed apps aimed at teenagers to help with everything from managing anxiety to building self-esteem, which can be downloaded from their site.

Speak to someone you trust within the school, or approach their new school, to find out about support options and counselling services.





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Student wins

College and uni years are some of the most exciting. Keep the fun times rolling with these big ideas for managing a small budget

Budgeting basics

We weren't all raised with budgeting know-how, but the art of good money management can set you up for life. There are great online resources to help – check out the Tesco Bank Cost of Living hub at tescobank.com for tools and guides. Or try a budgeting app.

Smart shopping

Everyone can benefit from good shopping habits. Follow these golden rules: check what you already have before you go; make a list; never shop on an empty stomach; choose the hour or so before closing time for reduced bargains. Make use of price promotions only if you really need the item or if you can freeze it for another time.

Creative cooking

Living in shared accommodation doesn't mean sharing the cooking and food shop. But planning meals with housemates can be a great way to save money. If that's not your thing, make sure you're making the most of freezer space: try batch-cooking and dividing into portions so you're saving energy and cutting down on food waste. If freezer space is small, make sure you're using up your fresh ingredients regularly.

A helpful spending tool

Did you know a Tesco gift card could help out with the food shop? Tesco offers a Student Shopper Gift Card (available in store only), which is actually two gift cards – one for you and one to give to a student to use in any Tesco store. You can both top up and spend the balance on the card*. Also check out the

range of e-gift cards on tescogiftcards.com or look in store for any promos running.

Lightbulb moments

Energy usage can be a tricky subject to broach in a new house share. But being honest with housemates from the start and setting some basic rules will hopefully save disagreements later. Agree to switch off lights and appliances when they're not in use, and opt for showers instead of baths. A household fund for energy-saving buys such as LED light bulbs, draught excluders and eco shower heads could also save some cash in the long term.

Student discounts

There are deals to be had when you're a student, from railcards and bank accounts to retailer discounts. If you're shopping or eating out locally and don't see a student deal advertised, there's no harm in asking. Umbrella sites such as Student Beans or MyUniDays list hundreds of discounts for students (and recent graduates).

Money and mental health

Managing a tight budget is not easy, and if your wellbeing is suffering due to your finances or you think someone you know might be struggling, there is help out there. University wellbeing services are a good place to start, or contact Student Minds, the UK's student mental health charity. StepChange can give free impartial advice if you are struggling with debt, and Samaritans provides 24/7 support for anyone in distress.

91%

of students are worried about the rising cost of living*



TESCO Bank

*Source: Office for National Statistics, 'Cost of living and higher education students, England', 24 February 2023

**Maximum balance on card is £200. Gift card T&Cs: Subject to availability and selected Tesco Stores only. Read the card T&Cs before you buy. For in store purchases, Tesco's change of mind policy does not apply. For unused e-gift cards bought online, you can request a refund within 14 days of purchase. Your legal rights are not affected. For more information visit tescogiftcards.com

Soft touch

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£2.50
50ml

£2.25
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Did you know?

Fred & Flo Naturals use ingredients that are at least 96% naturally derived.

TIME IT RIGHT

Aim to wash your baby between feeds or before bed as part of your nighttime routine. You don't need to bathe them every day, so pick days when you have more time. If you are calm, your baby will be calm too*. Look for ingredients like lavender and chamomile to promote sleep** – both are in Fred & Flo Naturals Oat Chamomile & Lavender Bedtime Bath Milk 250ml, £2.25 (90p/100ml).

GO NATURAL

Little ones have delicate skin, so they need products to match. Opt for natural ingredients, as they're softer on skin, especially if it's sensitive or eczema-prone. Try Fred & Flo Naturals Oat & Chamomile Hair & Body Wash 250ml, £2.25 (90p/100ml), which can help soothe dryness and irritation while protecting the skin barrier**.

LOCK IN MOISTURE

Make sure your baby is properly dried between the folds of their skin to reduce nappy rash. Then massage Fred & Flo Naturals Oat, Chamomile & Lavender Bedtime Lotion 250ml, £2.25 (90p/100ml), into the skin for extra softness, adding Fred & Flo Naturals Fragrance Free Baby Balm 50ml, £2.50 (£4.50/100ml), for those extra dry areas. Why not have a go at baby massage? Visit nct.org.uk for tips.

Gentle oat & chamomile

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Treat of the week

Cheesy, spicy dough balls made for nights in front of the TV

'NDUJA & MOZZARELLA DOUGH BALLS

Serves 8 (makes 16)

Takes 45 mins plus rising

Cost per serve 96p

MAKE AHEAD Make the dip up to 24 hrs ahead and keep in the fridge. Leftovers can be kept in the fridge for up to 2 days.

Make up 3 x 145g packs **pizza base mix with sourdough** to pack instructions; set aside for 40 mins to rise. Meanwhile, cut 125g **mozzarella** into 16 pieces. Lightly grease and line a 23cm round springform baking tin. Tip the dough onto a lightly floured surface and knead for 2 mins, then divide into 16 pieces (about 50g each). Roll and flatten each piece to make a circle about 10cm, then place a piece of mozzarella and ½ tsp **Tesco Finest 'Nduja** (from a 70g pack) in the centre. Bring up the sides of the dough and pinch to seal, then arrange, sealed-side down, in the tin. Repeat with the remaining dough, keeping it covered when not in use, until you have 10 balls around the edge of the tin, 5 in a

second circle and 1 in the middle. Cover and set aside for 20–25 mins until puffed slightly. Preheat the oven to gas 7, 220°C, fan 200°C. Brush the dough balls with beaten **egg** and bake for 25 mins or until deep golden. Meanwhile, mix 150g **50% less fat soft cheese**, 75g **red pesto** and 2 tsp **balsamic vinegar** in a bowl. Leave the baked dough balls to cool for 10 mins, then serve warm with the dip, scattered with **basil leaves**, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1656kJ 395kcal	17g	7g	4g	1.2g
20%	25%	36%	4%	19%

of the reference intake. See page 9.
Carbohydrate 44g Protein 14g Fibre 4g

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